Training of the Left Hand

Forty-six Exercises and Twenty-five Studies

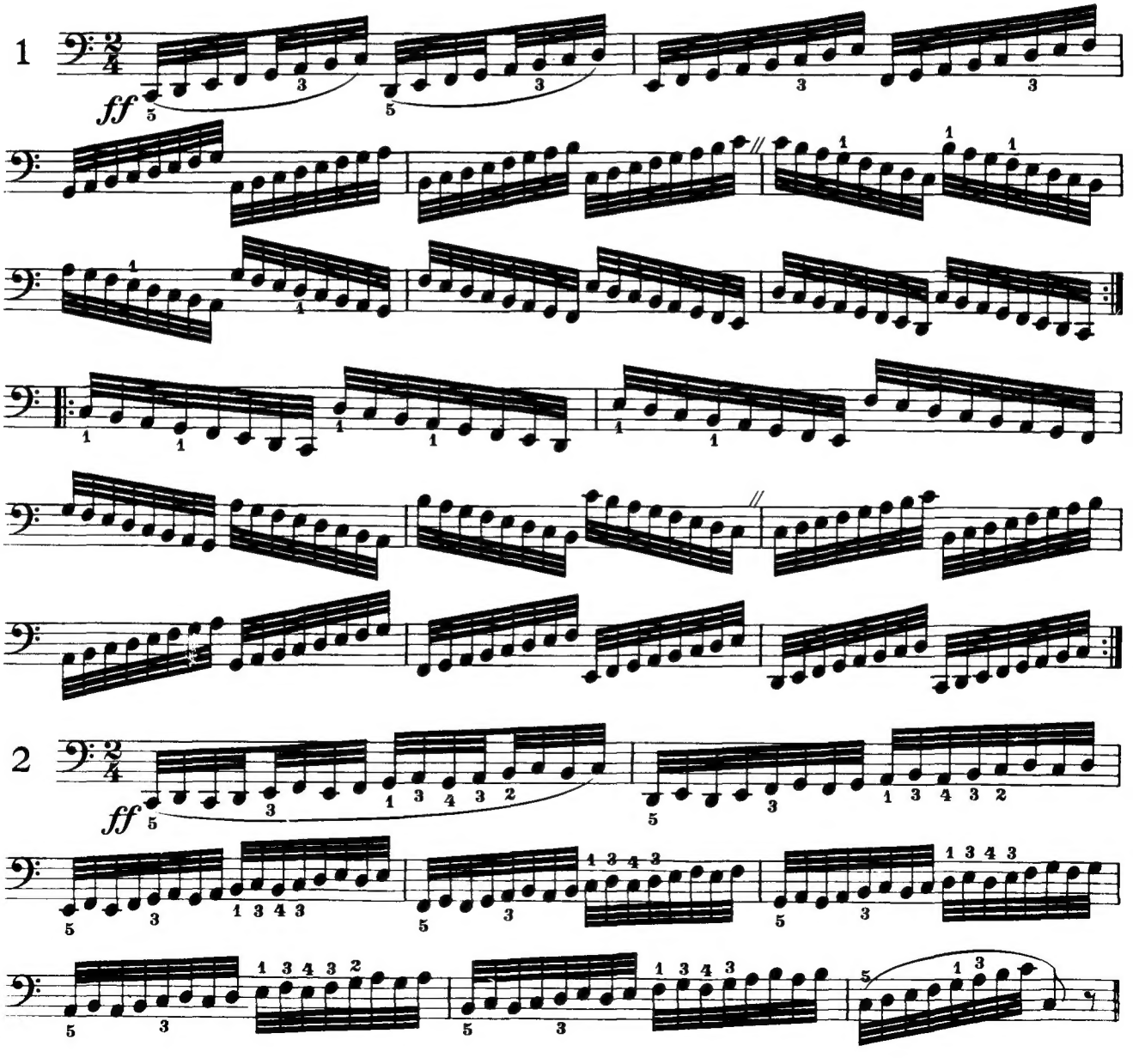
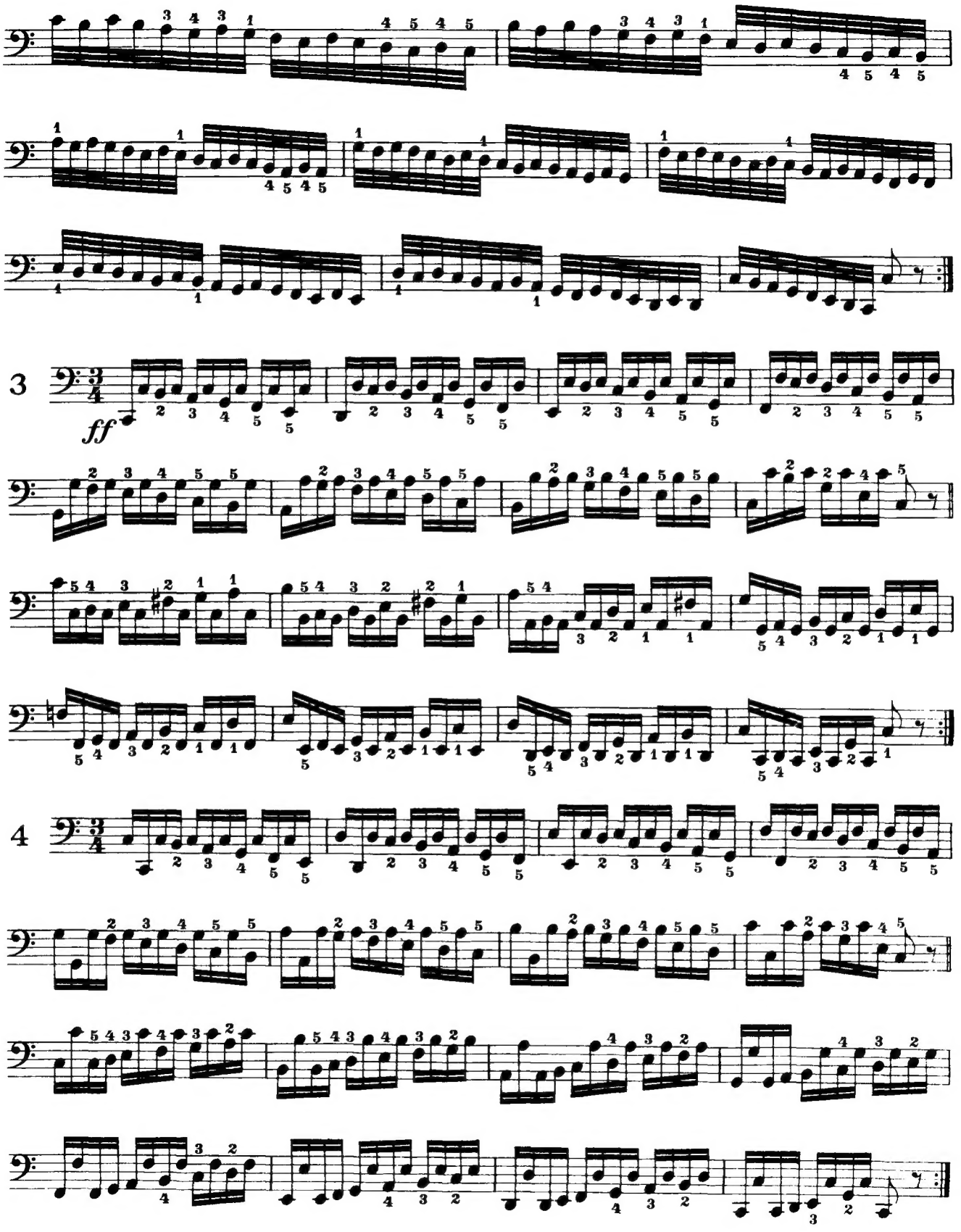
For Left Hand Alone

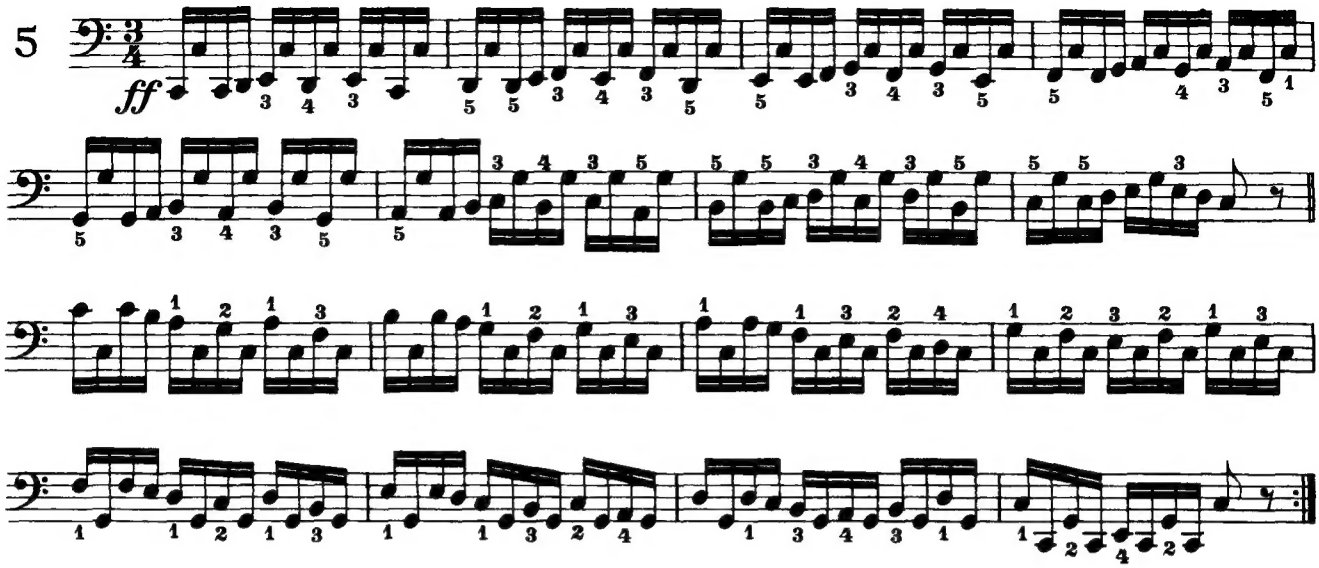
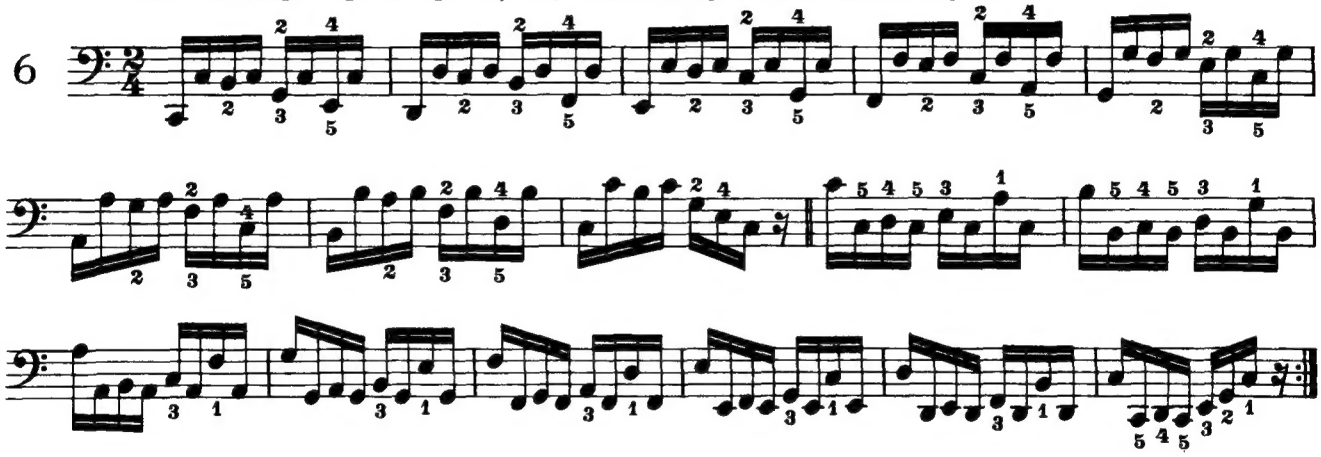
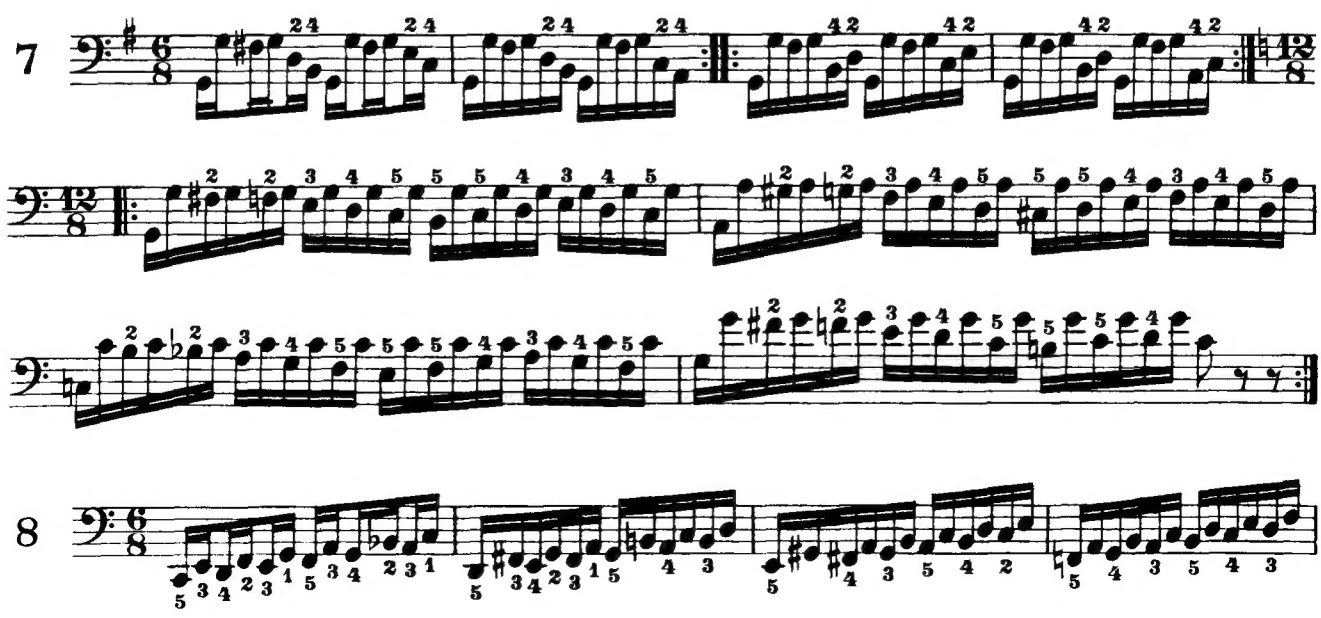
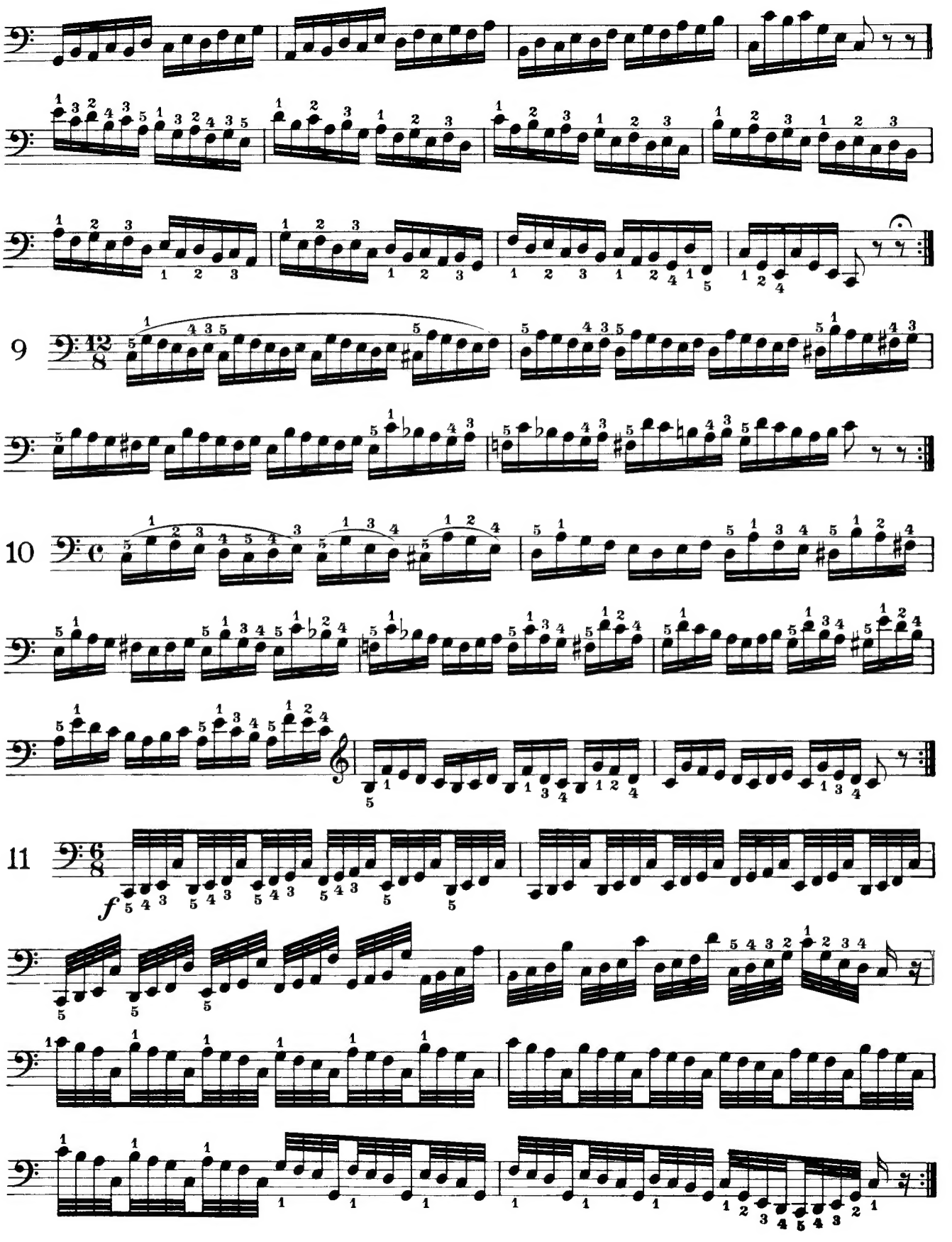
Book I: Forty-six Exercises

It is the aim of these exercises to impart velocity, strength and evenness of touch to the fingers. Any one having the patience to take up six or eight numbers daily and practise them from ten to fifteen minutes, will soon be convinced of their usefulness. Begin in a moderate tempo, increasing it at each repetition.

English translations by
Dr. Th. Baker

H. Berens. Op. 89, Book I



3
ff
4

Where two fingerings are given, they should be practised alternately.

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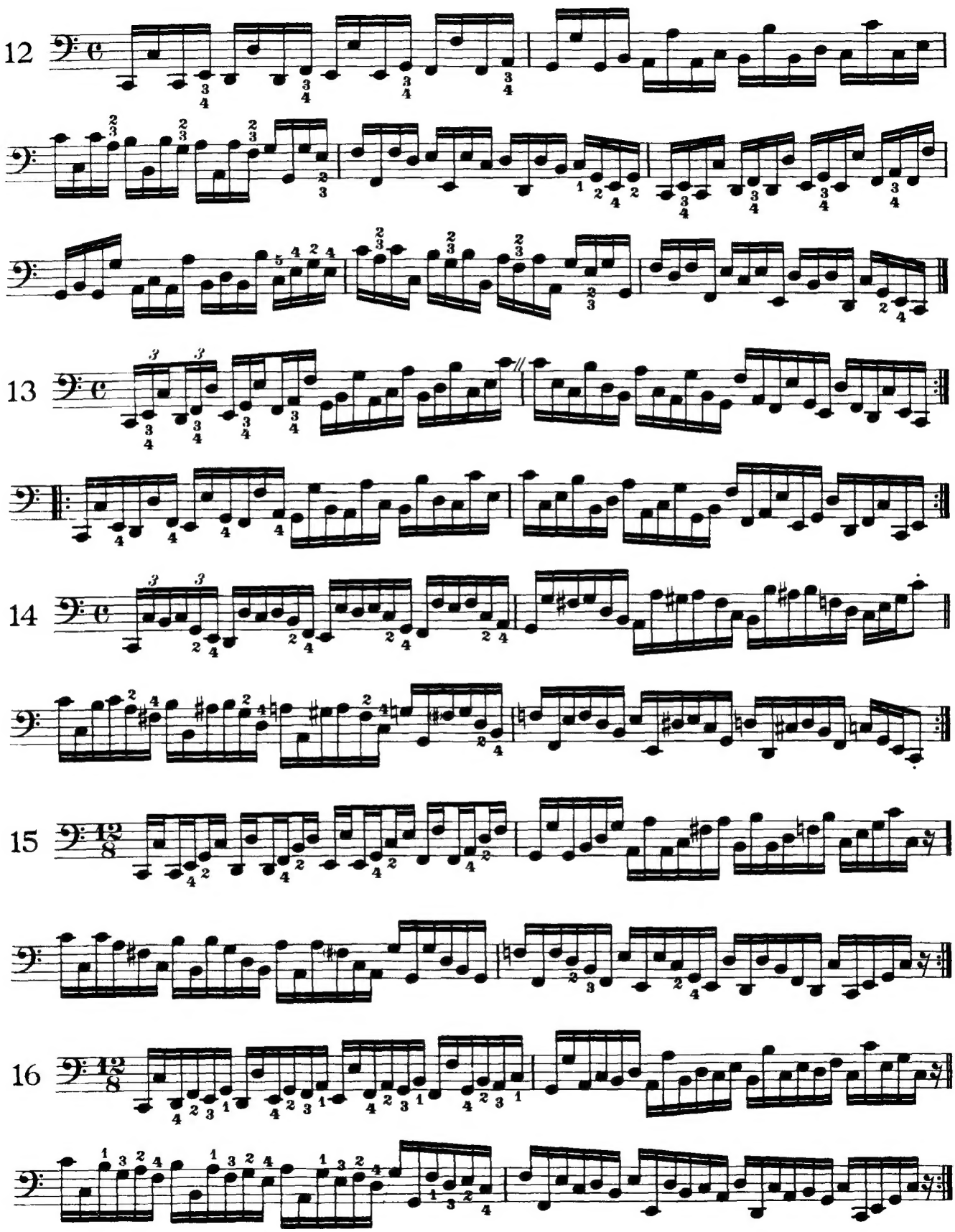
10
11
f

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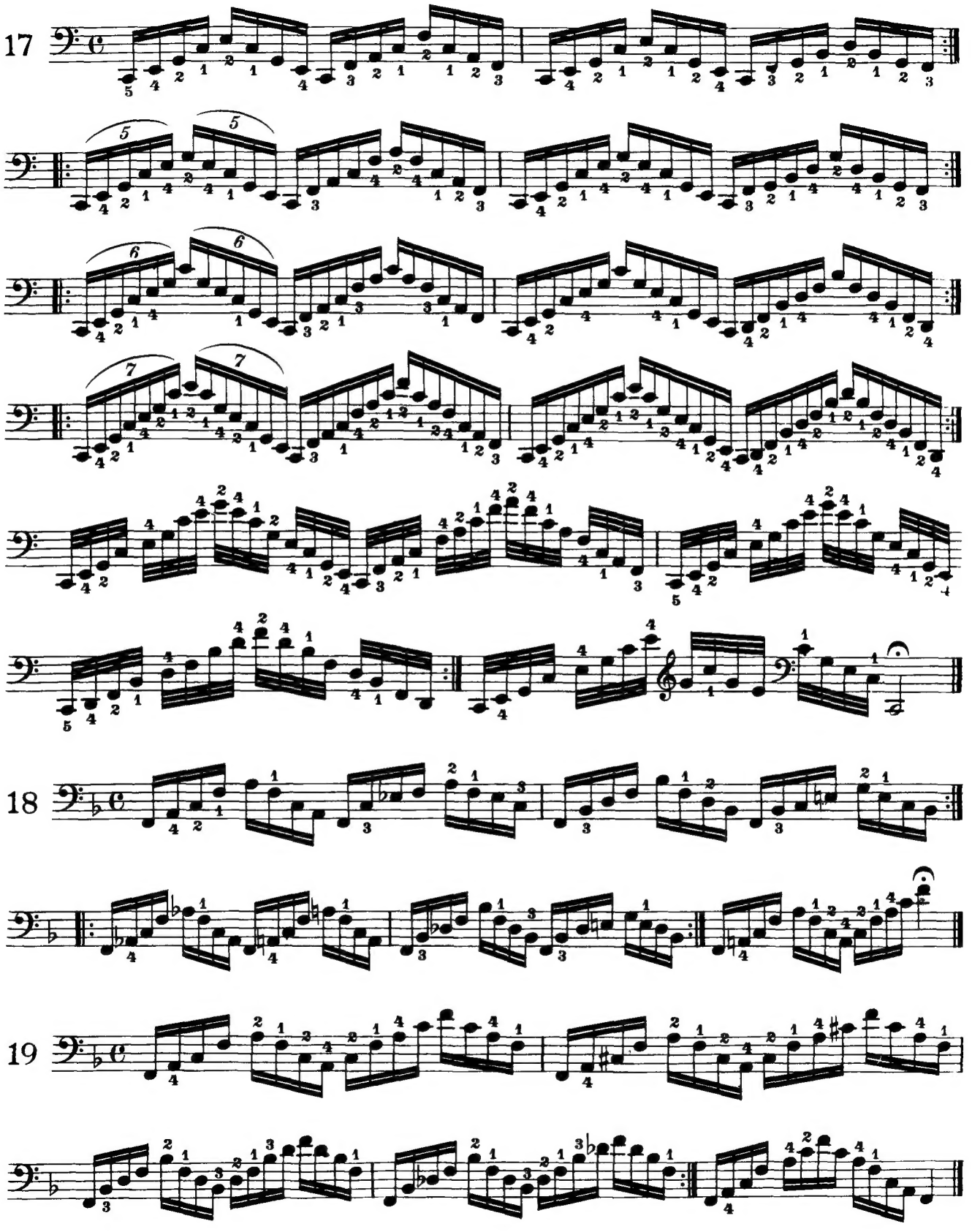
13
14
15
16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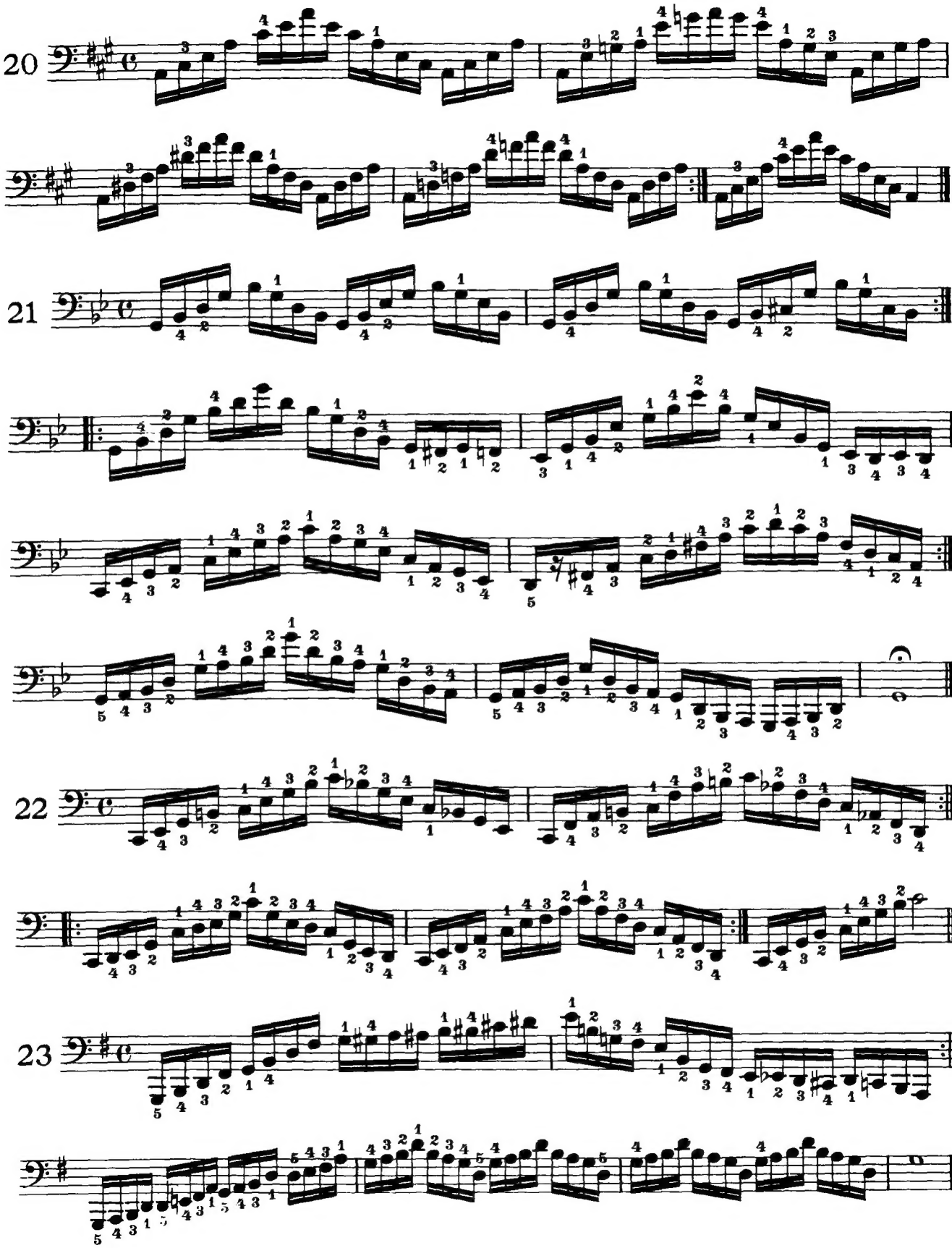
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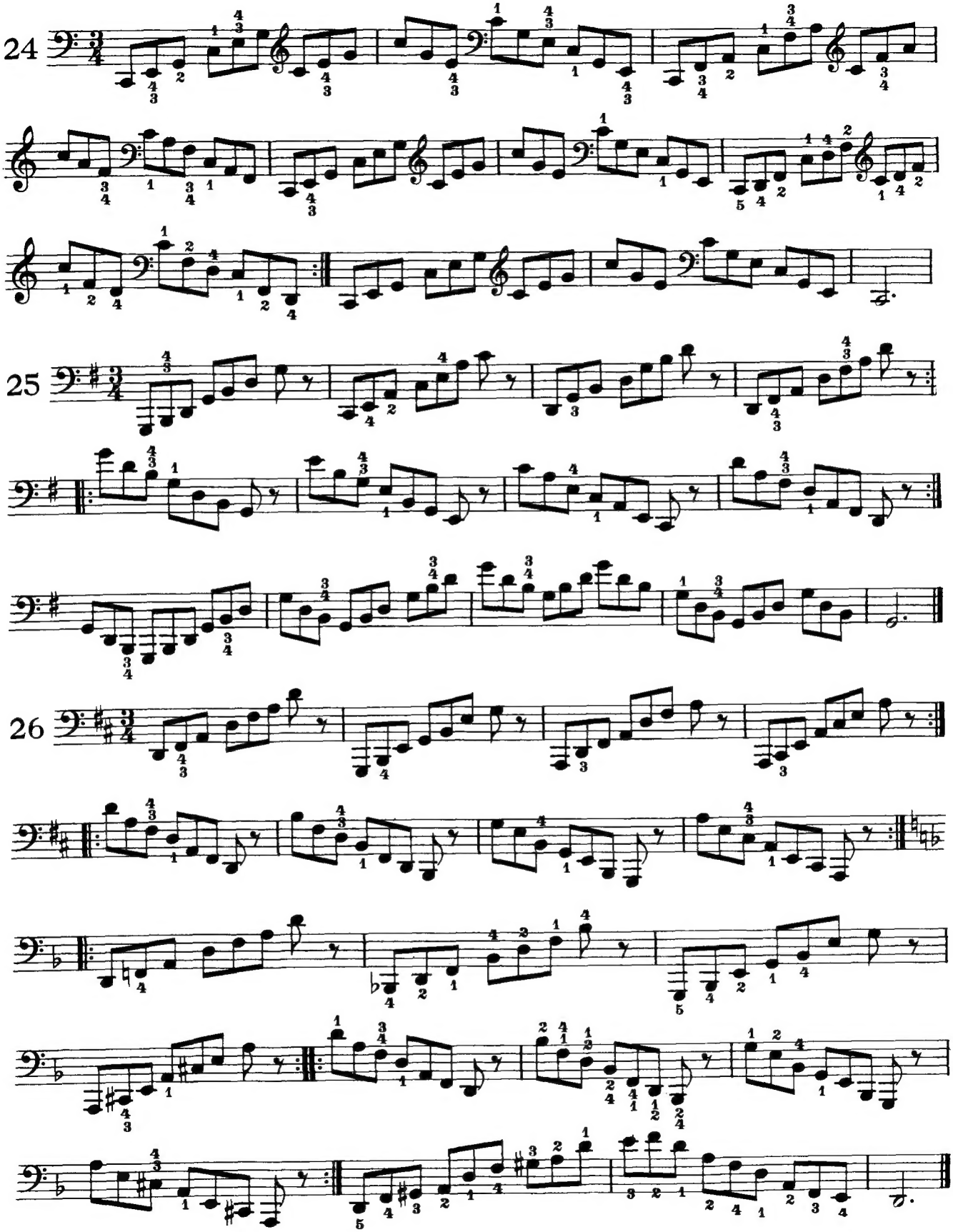
21
22
23

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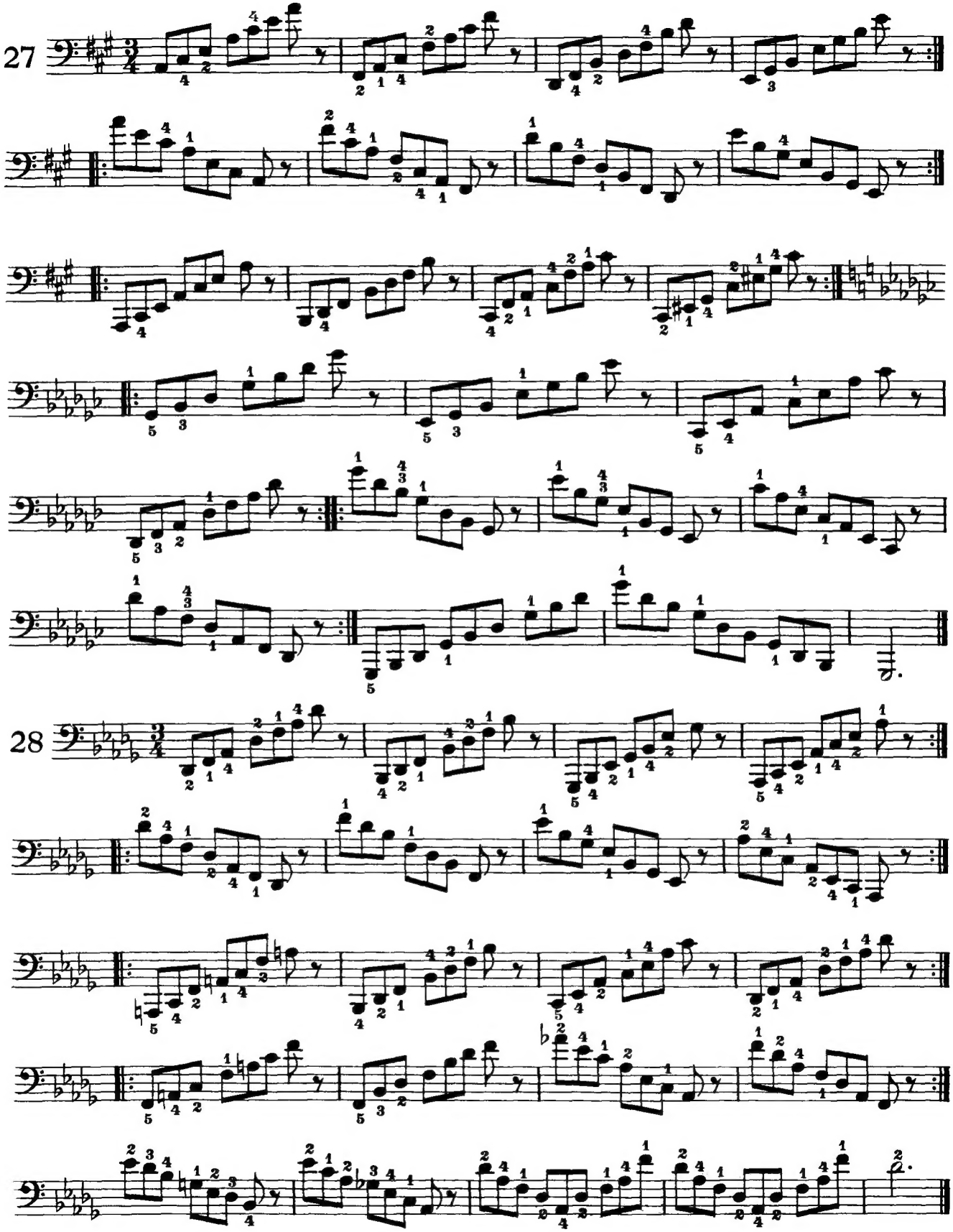
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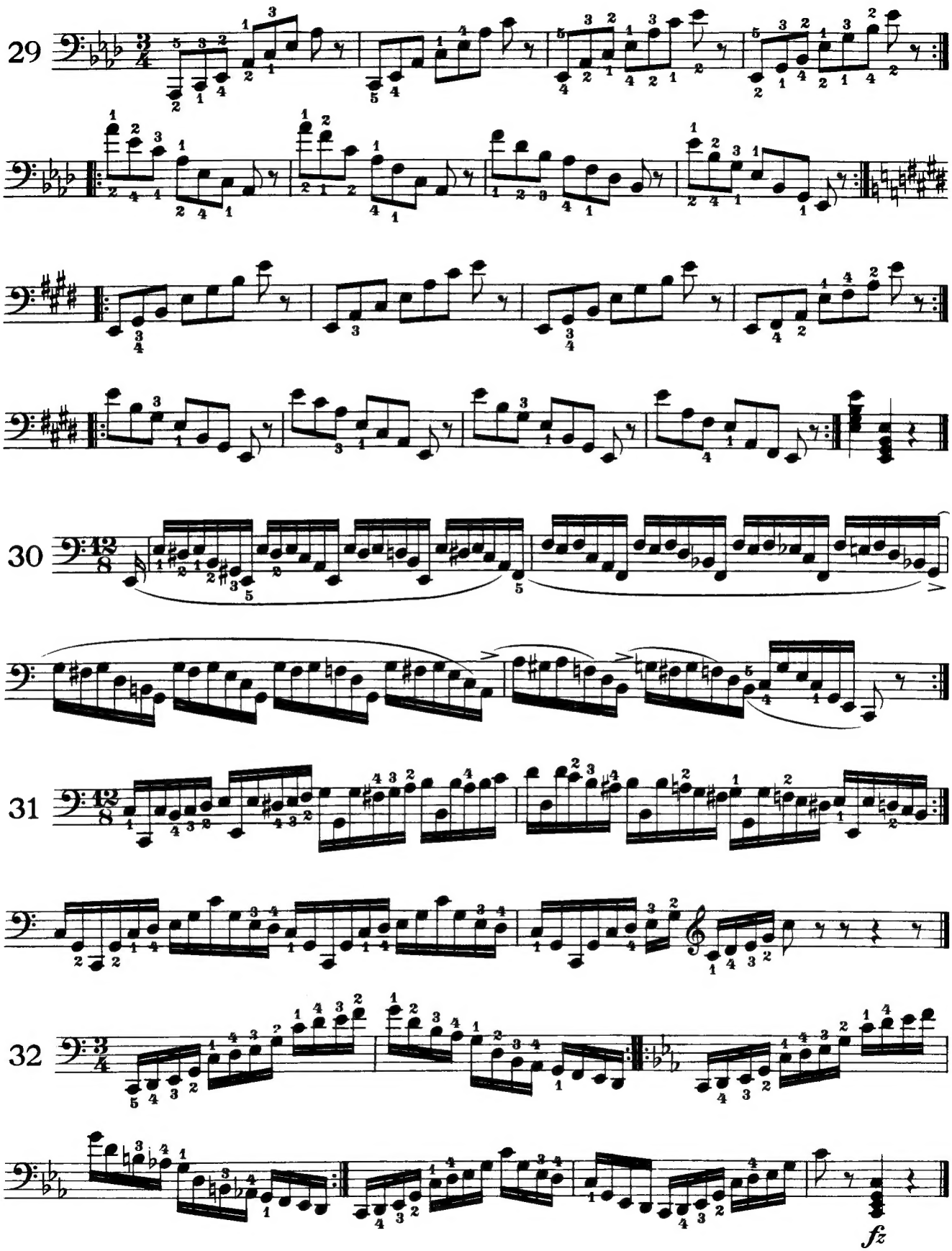
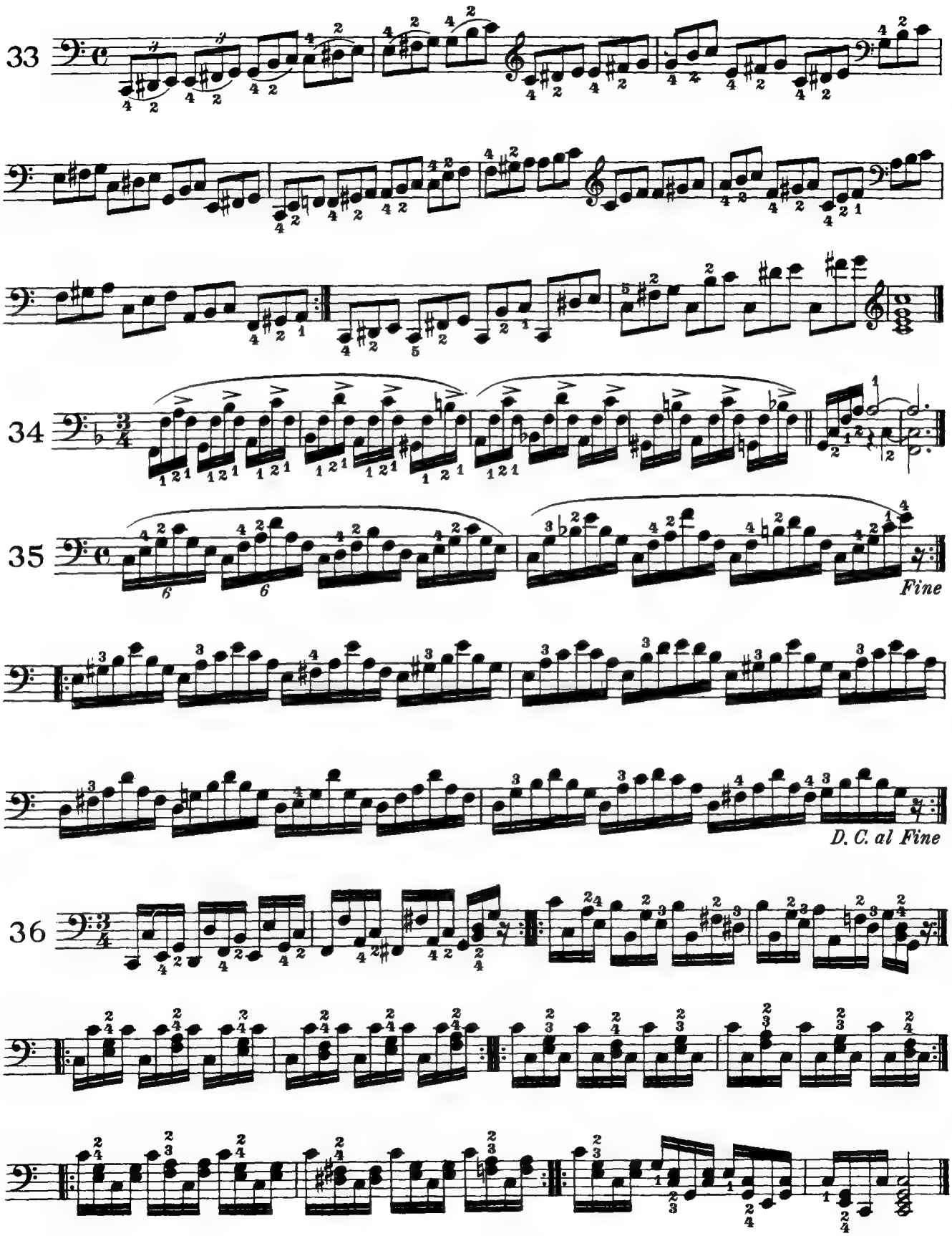
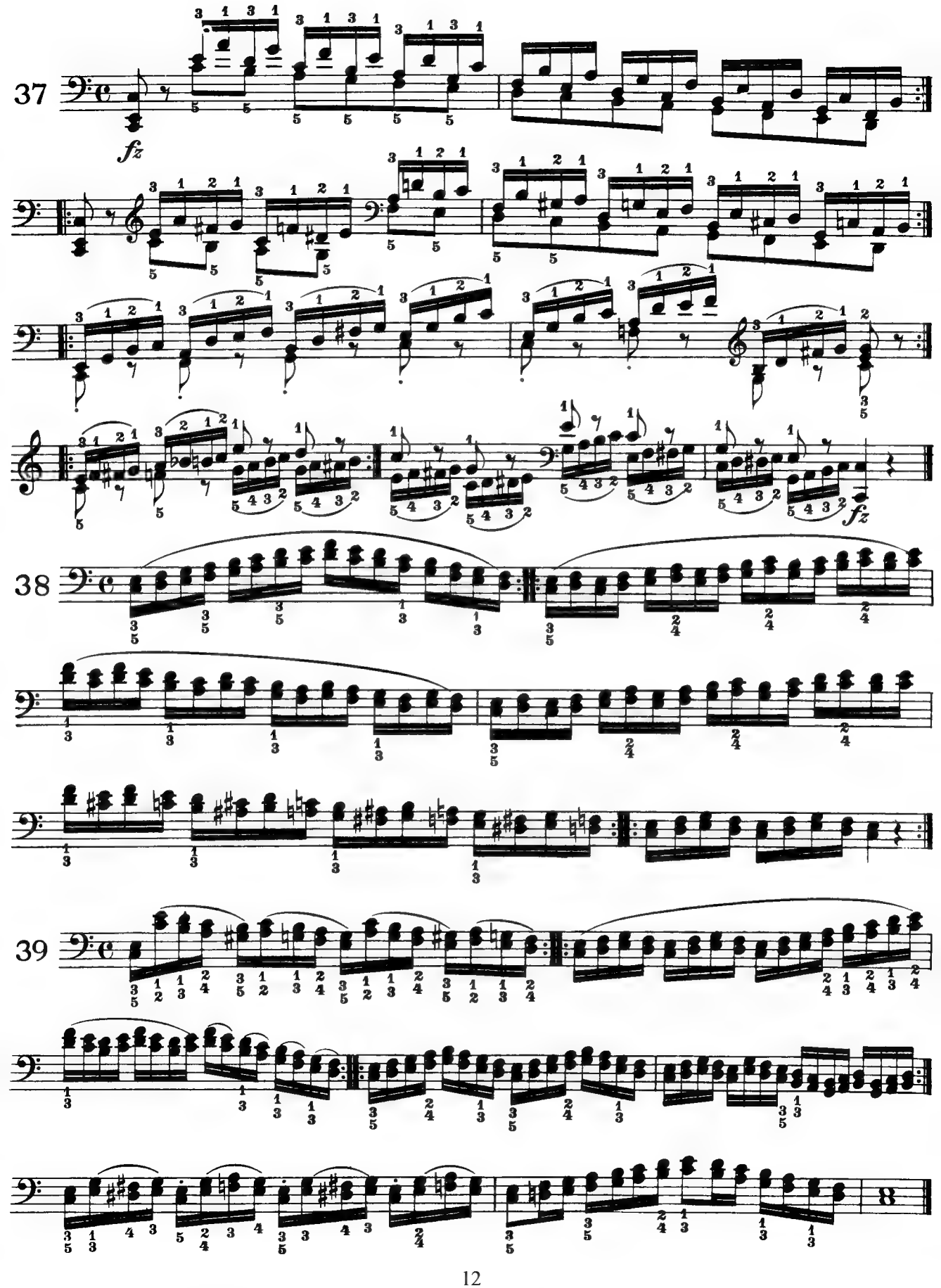

29
30
31
32
fz

33
34
35
Fine
D. C. al Fine
36

37
fz
38
fz
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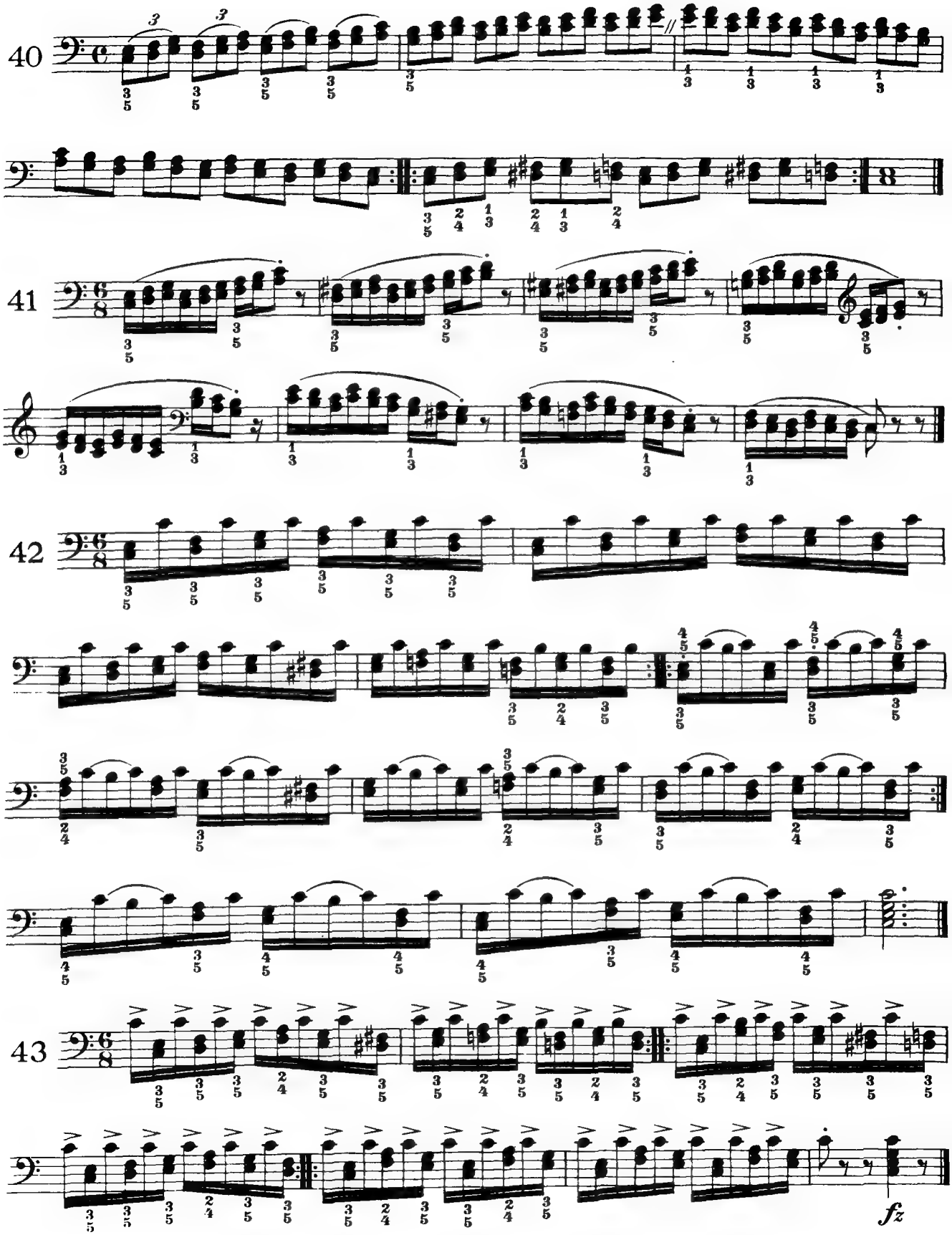
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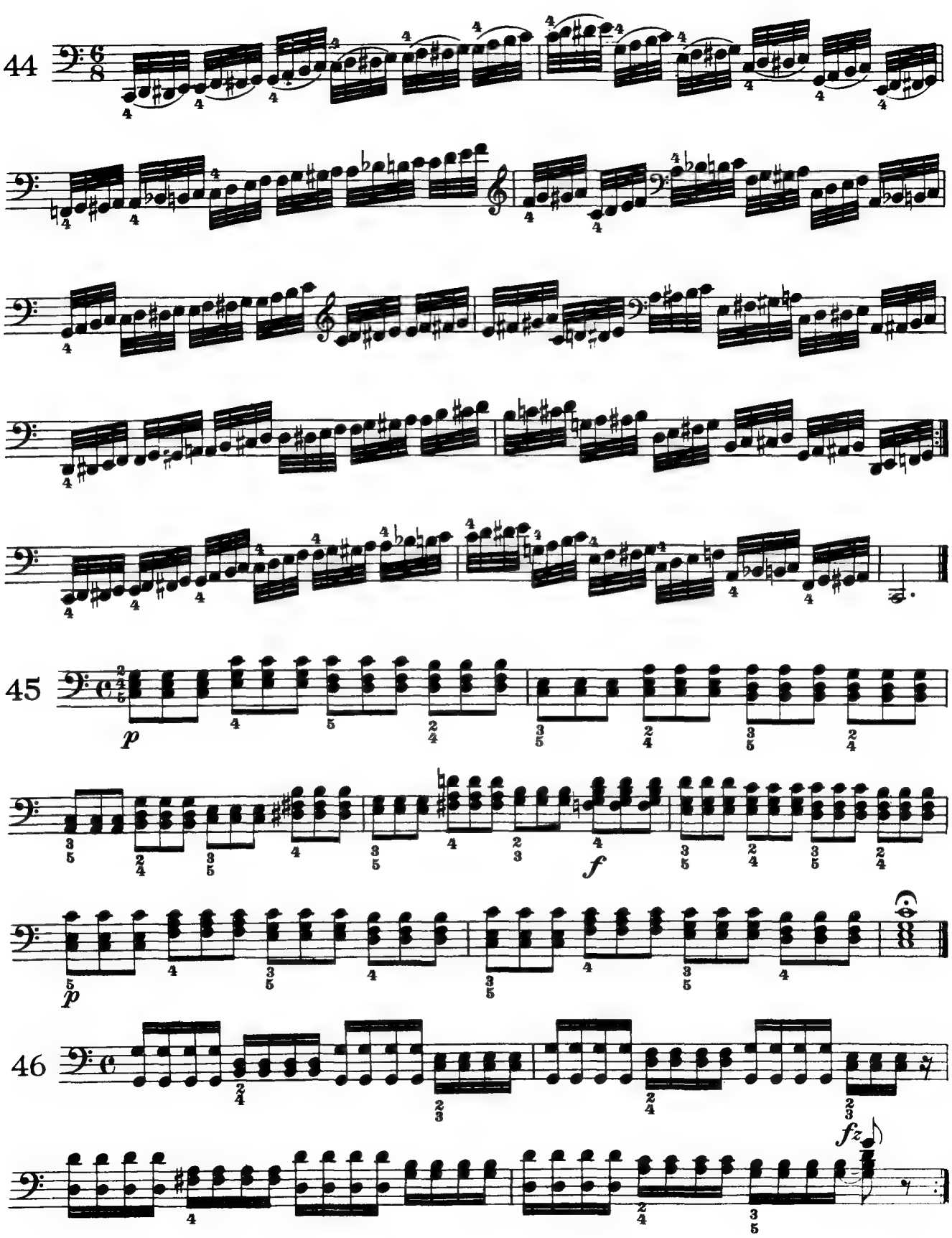
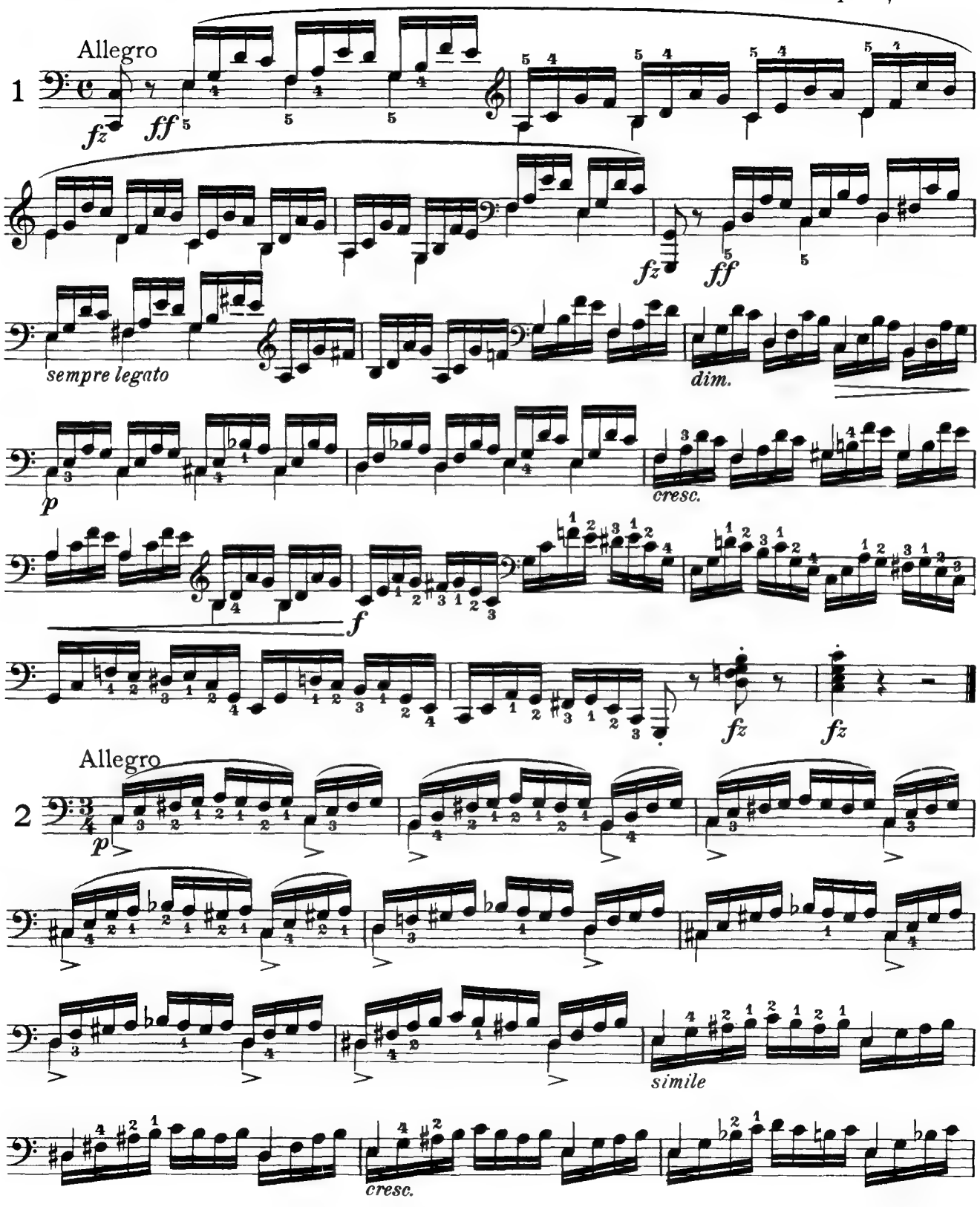
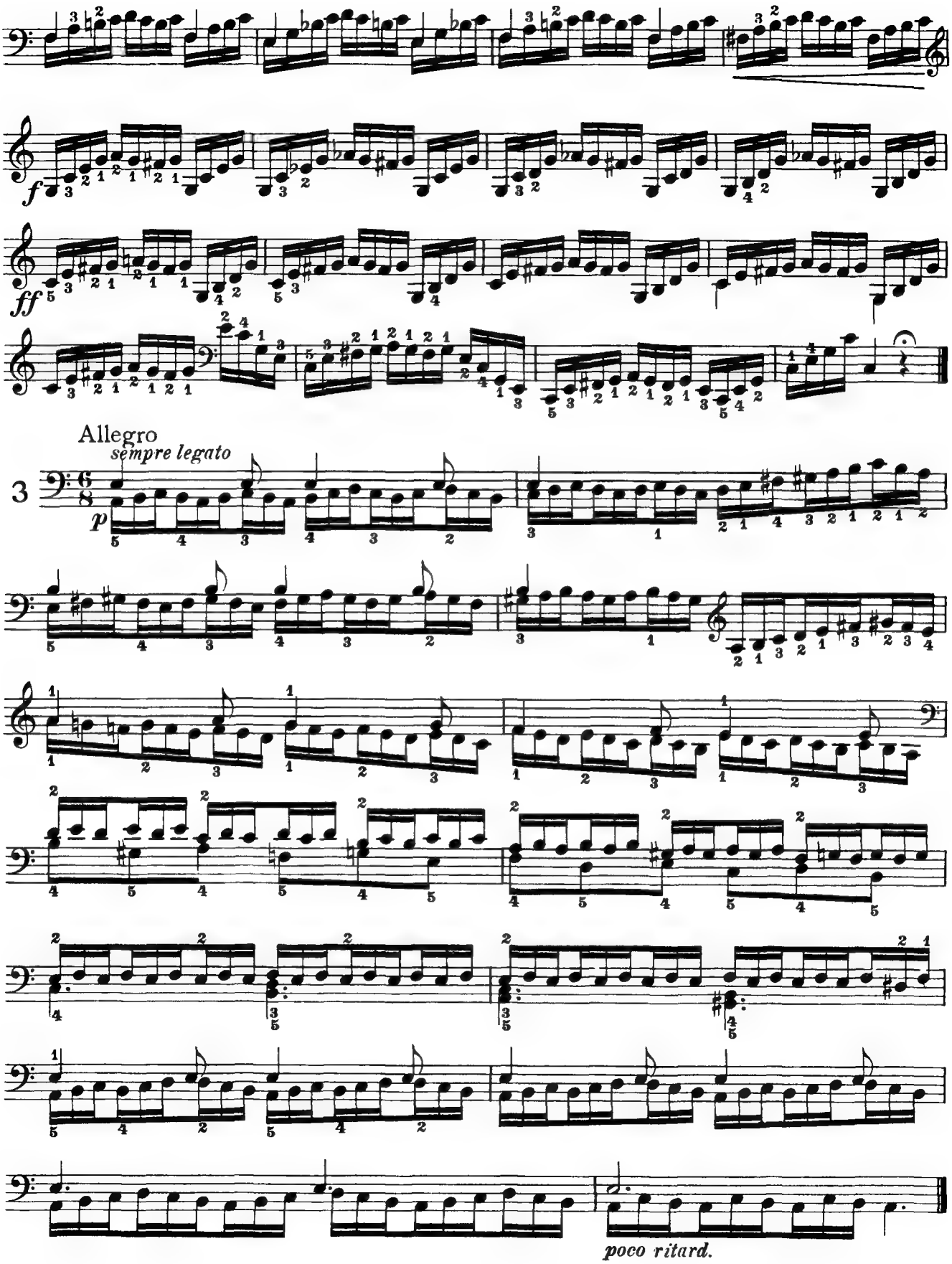
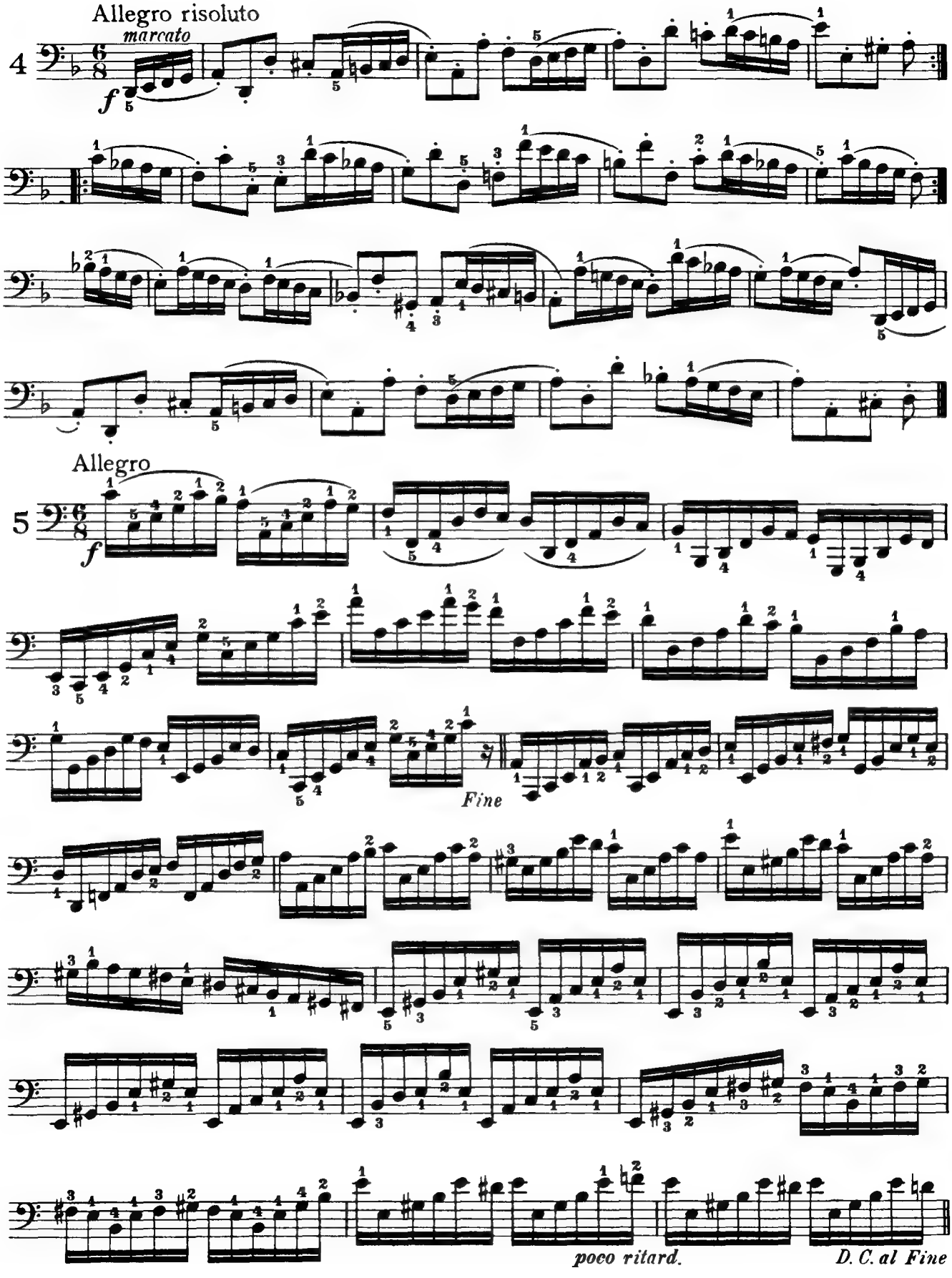
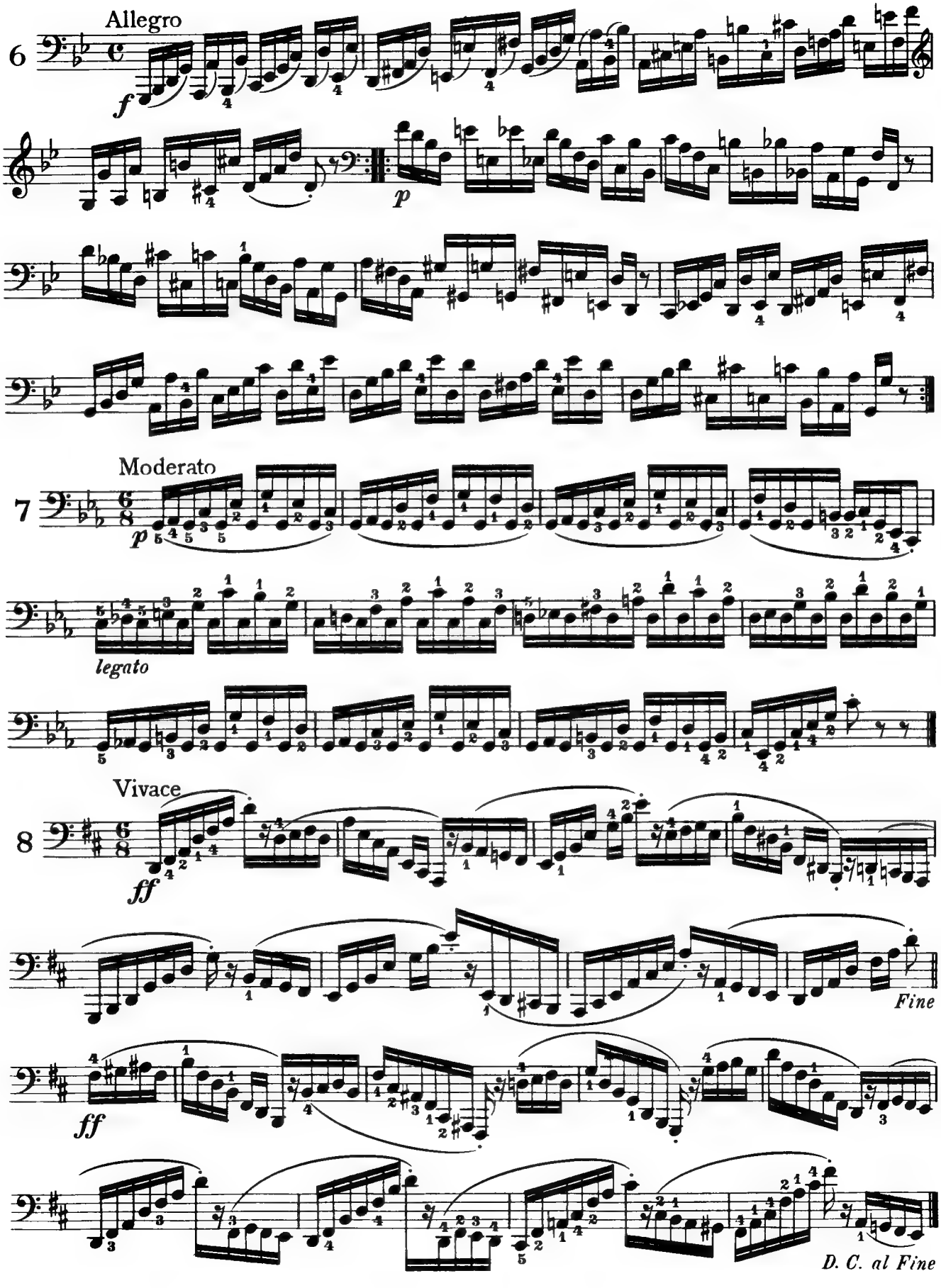
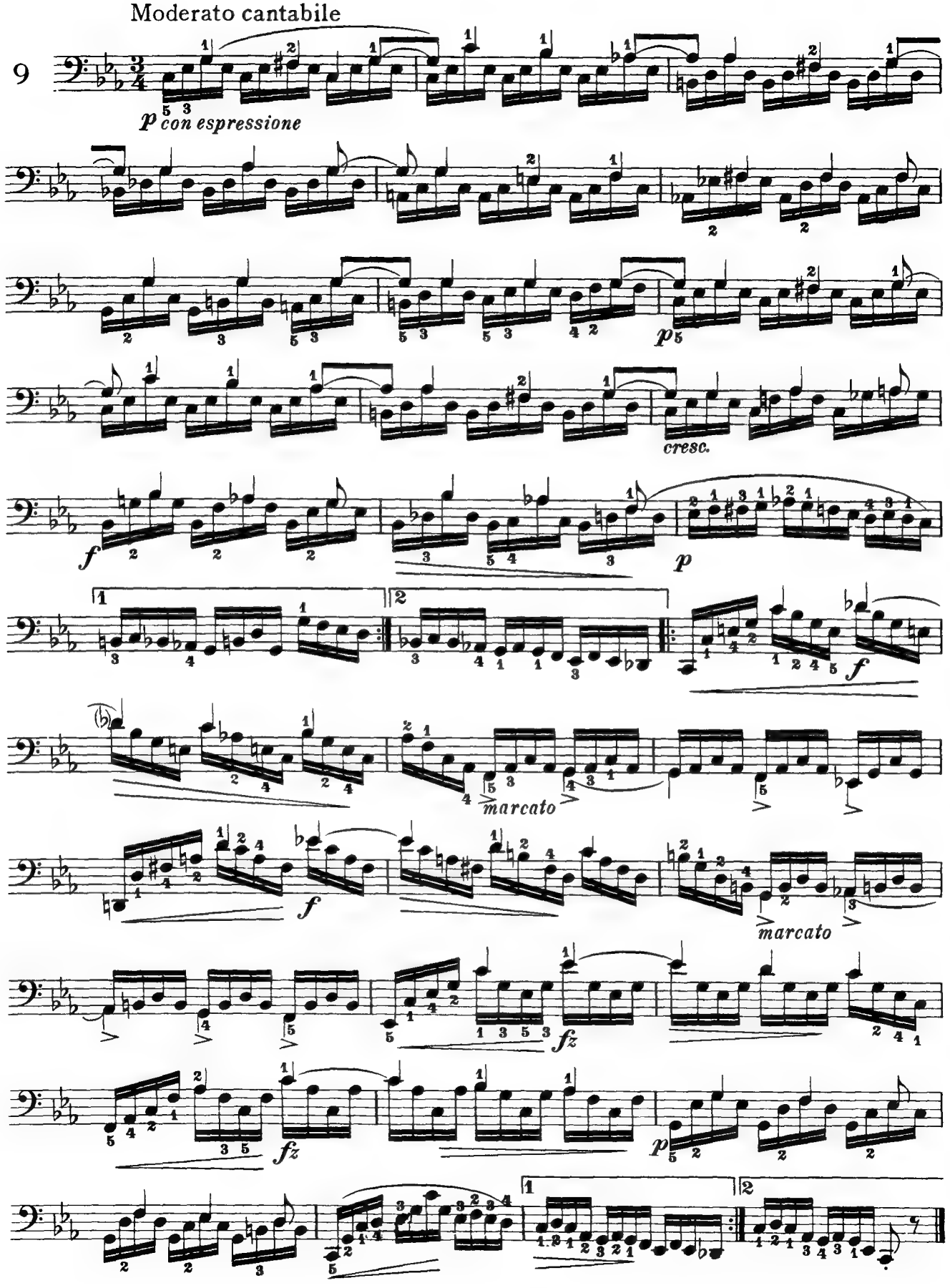
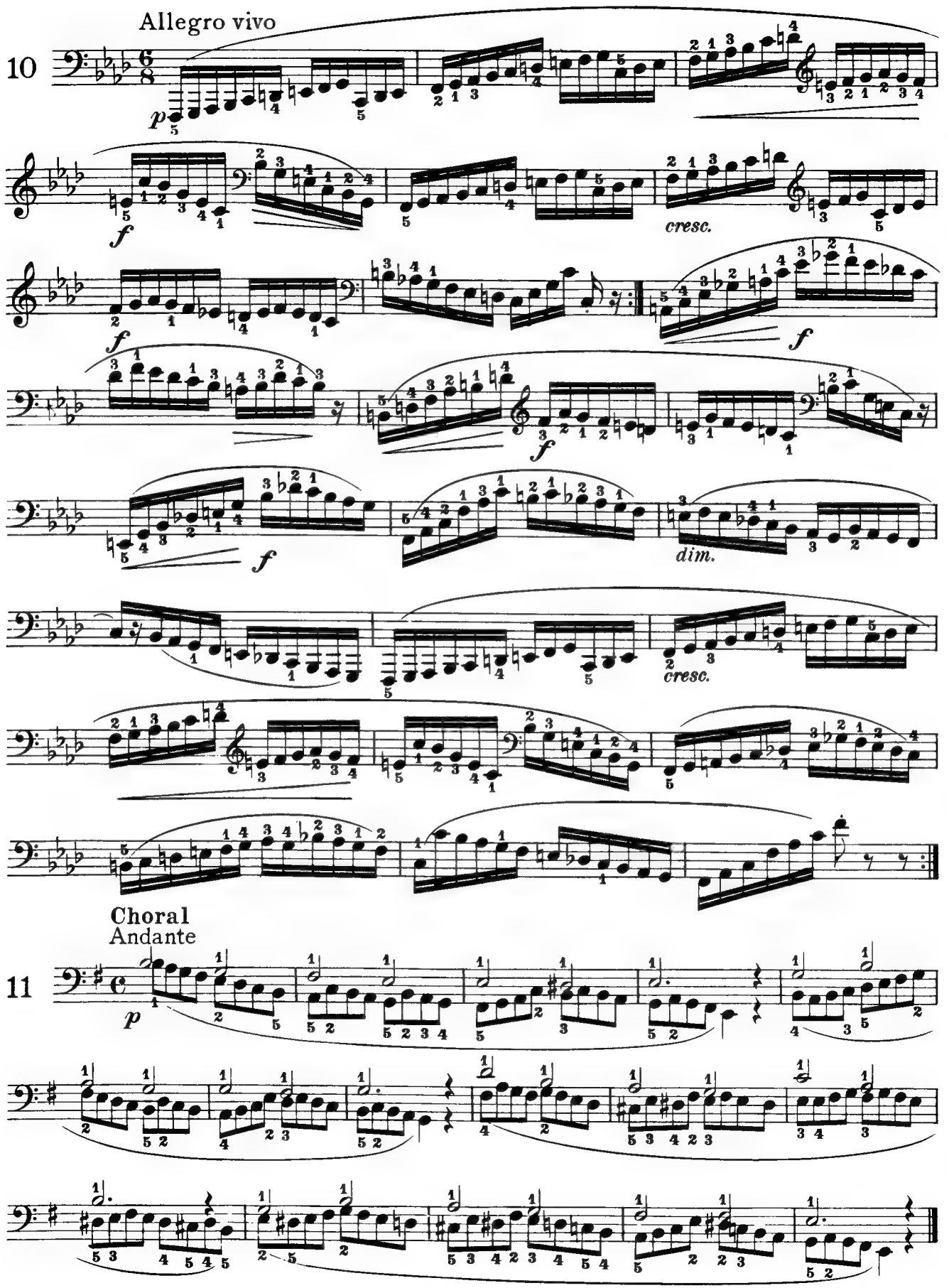
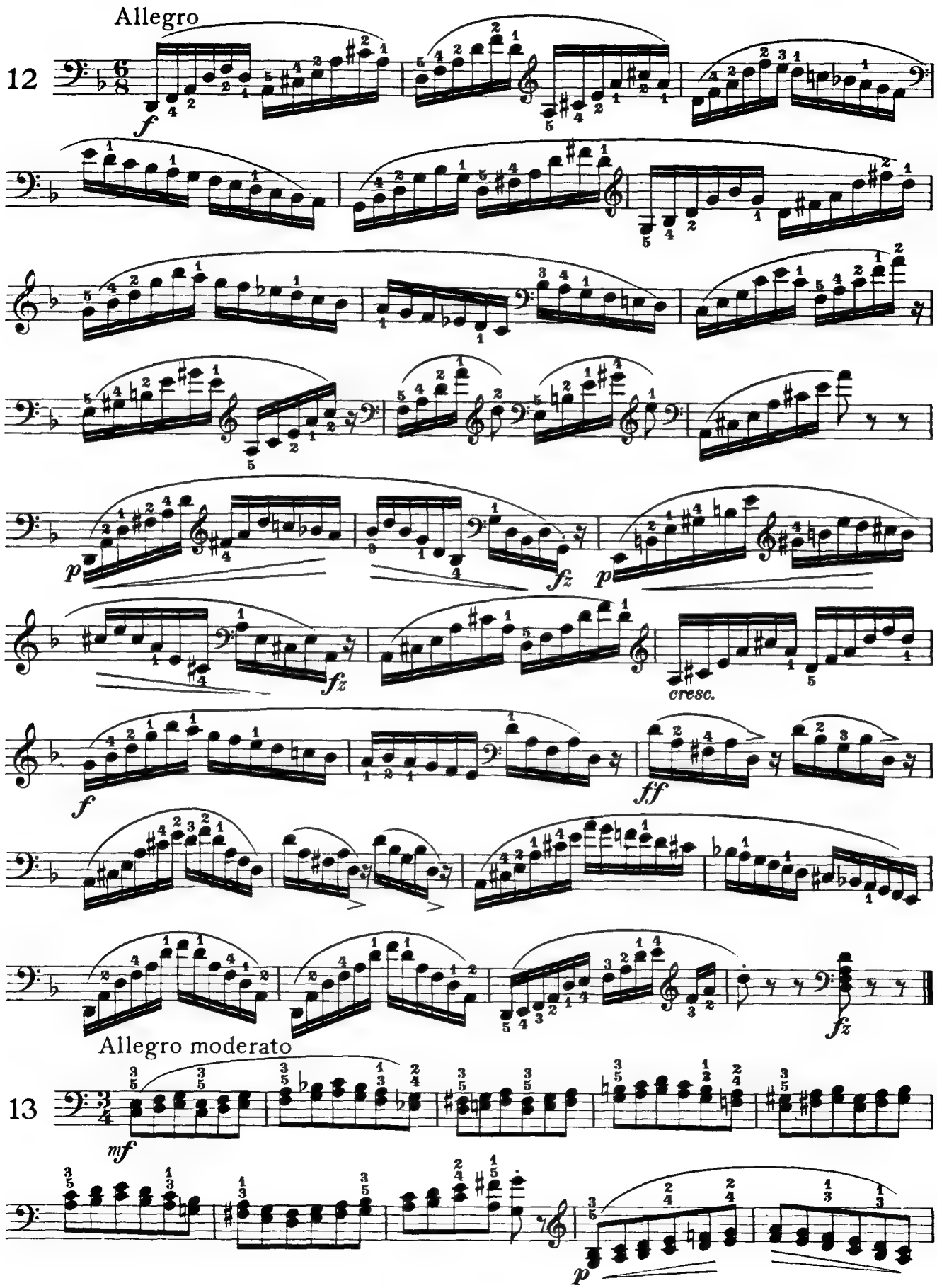
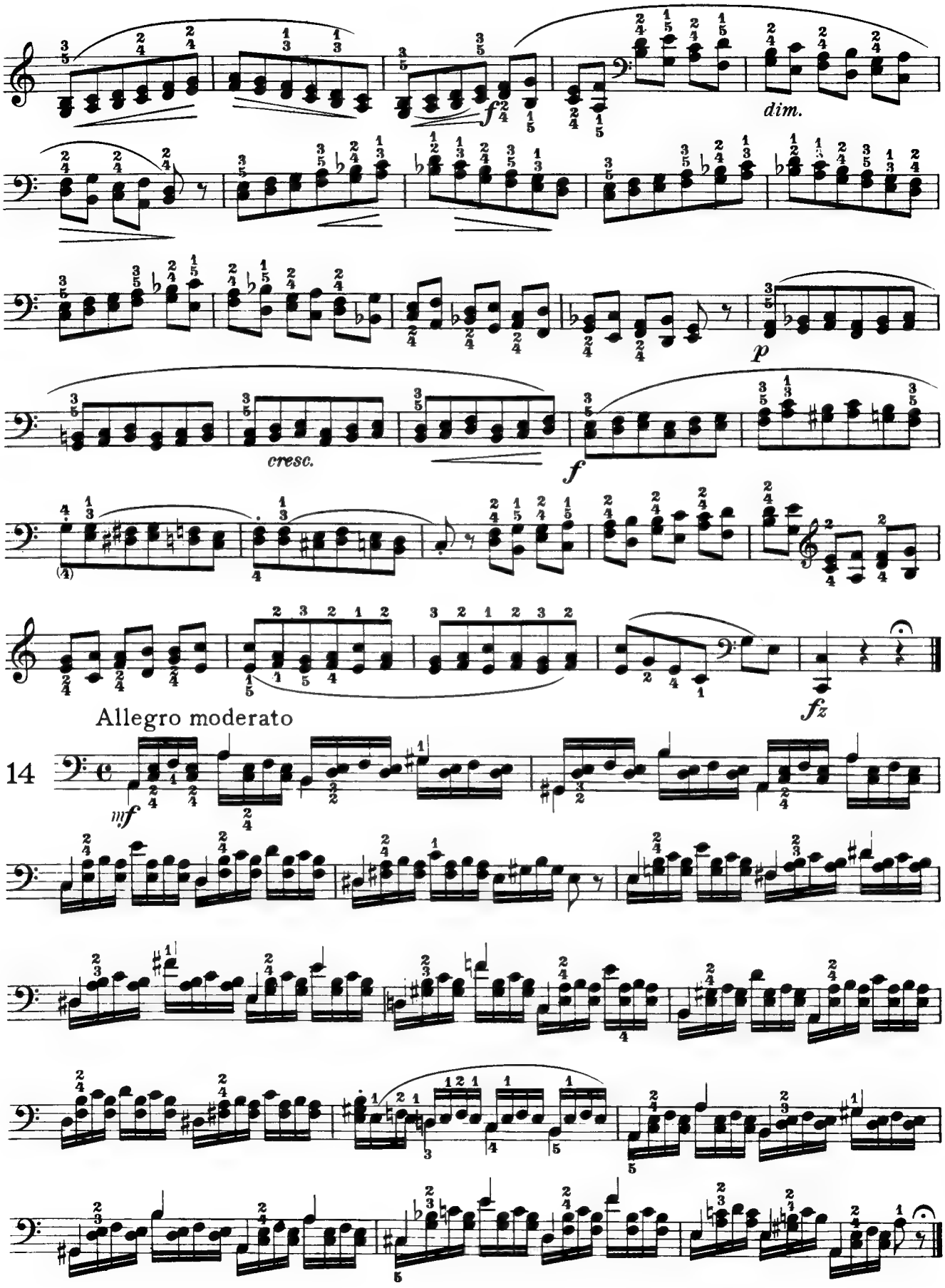
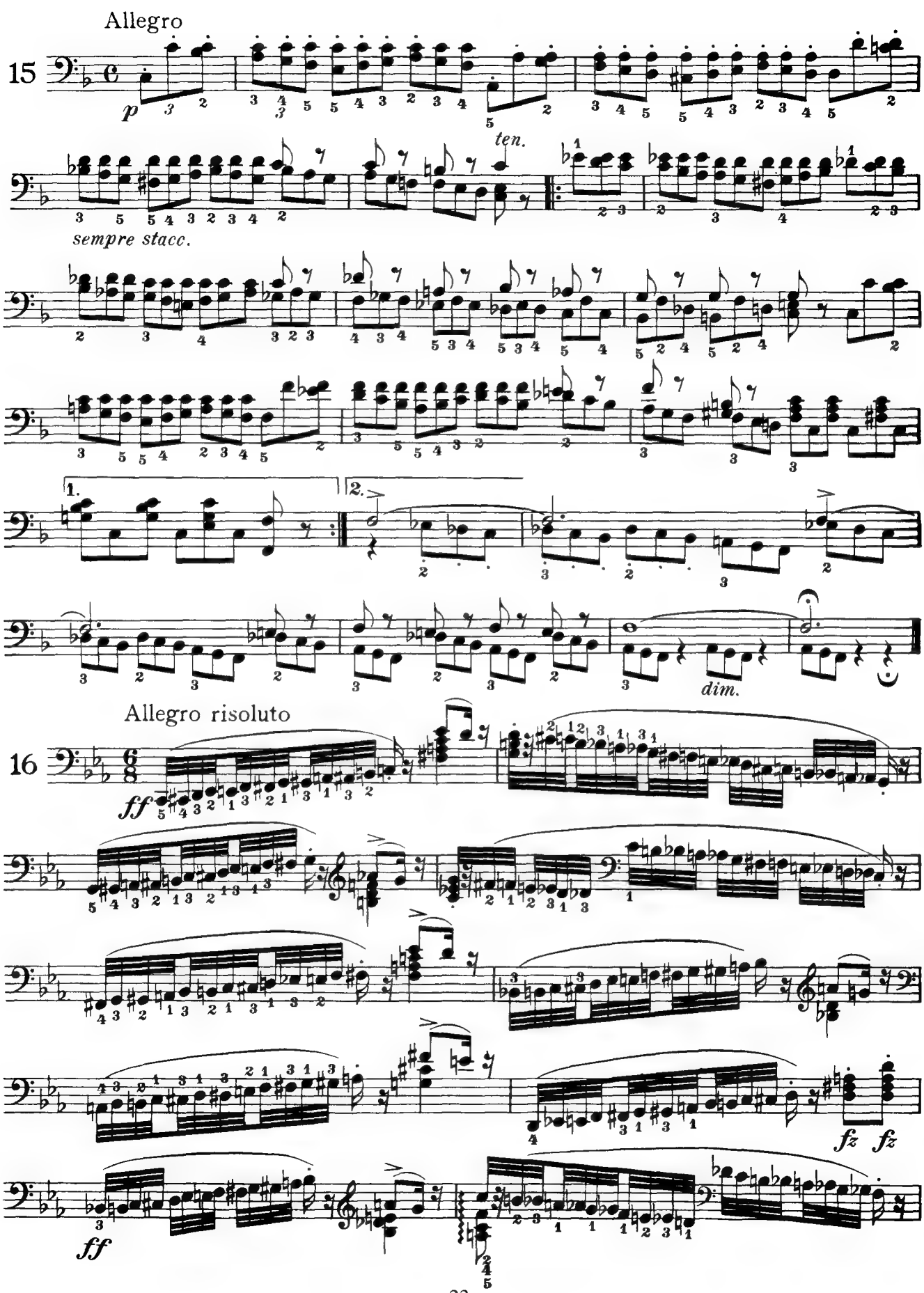
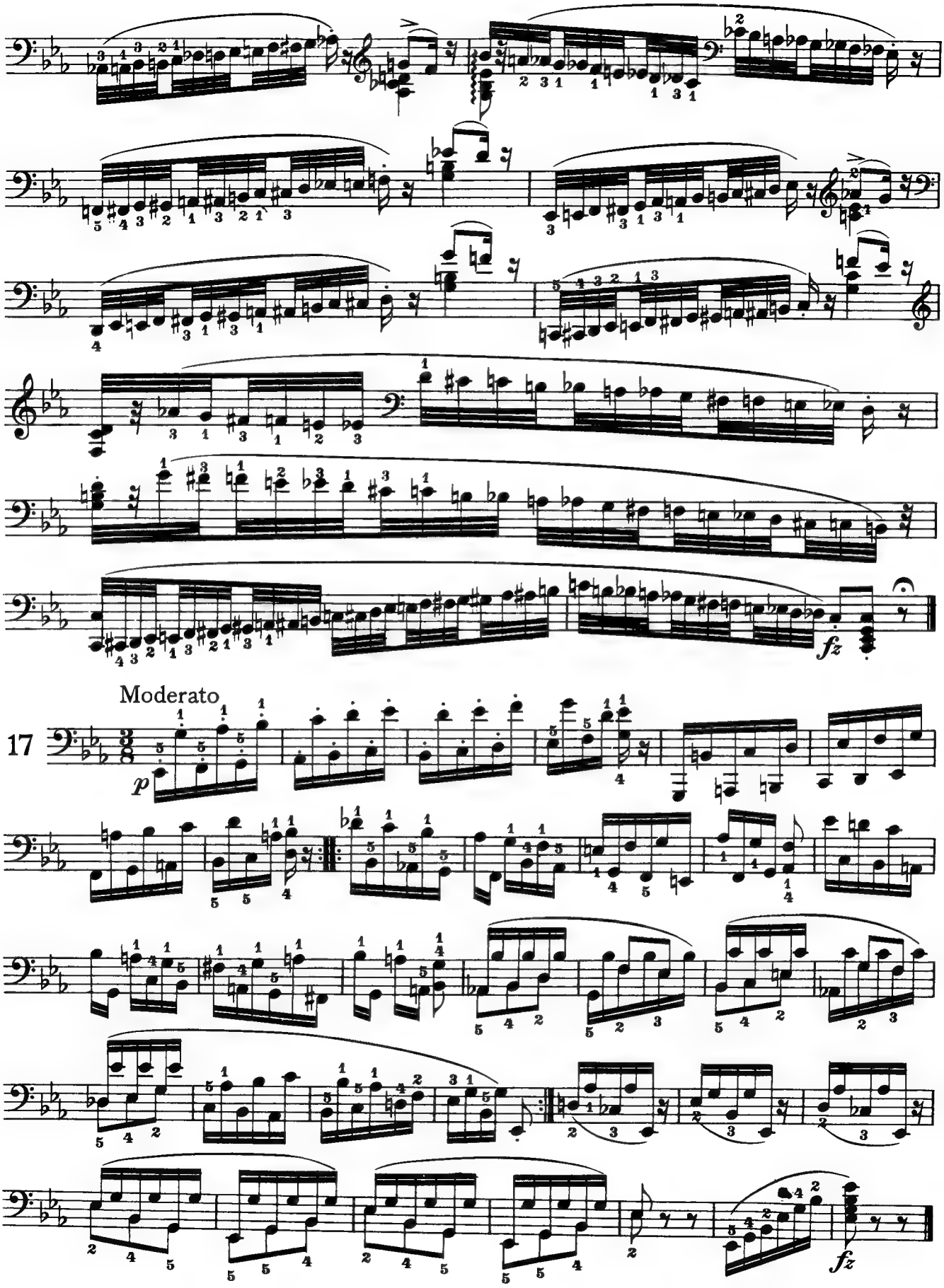
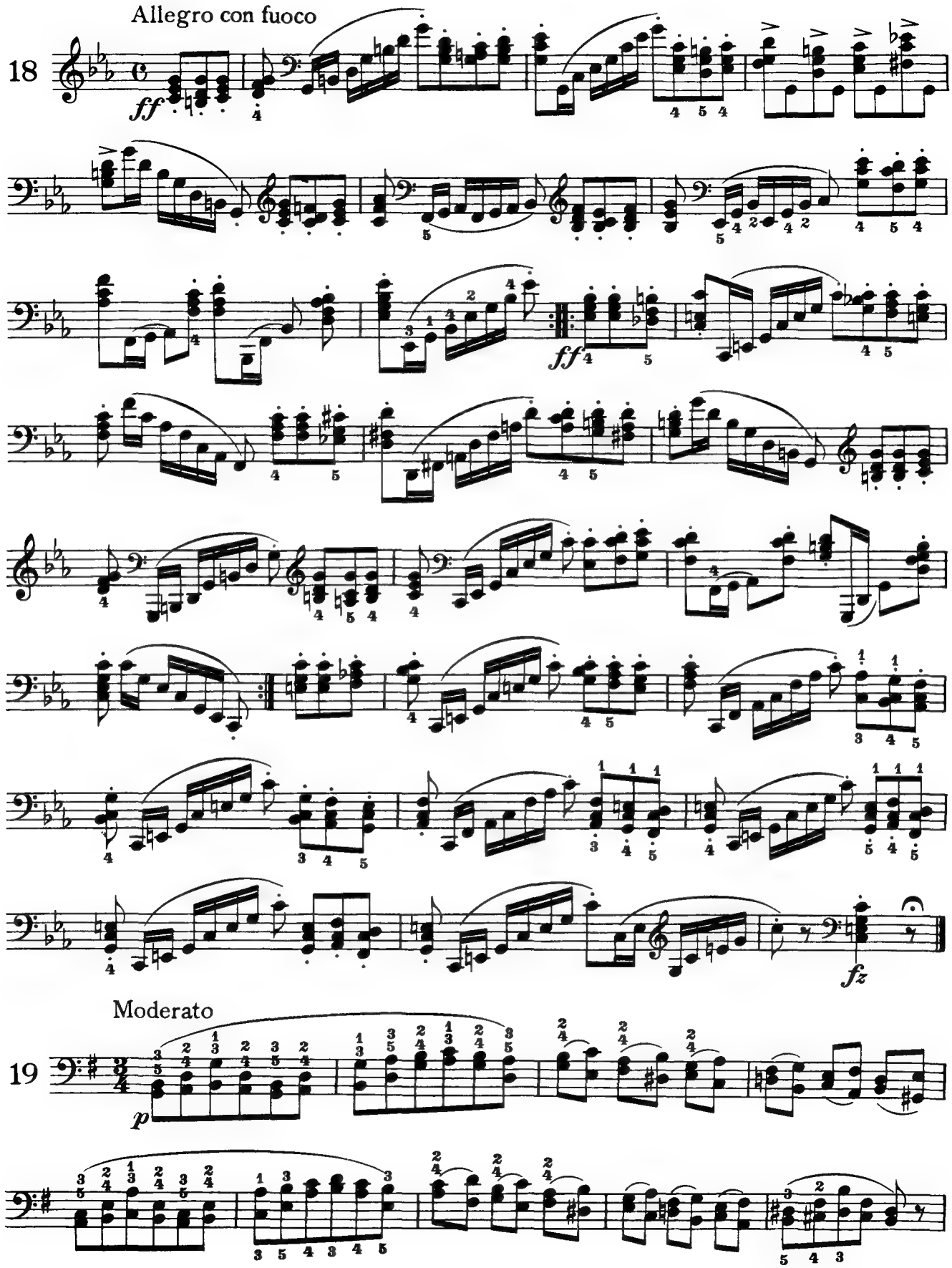
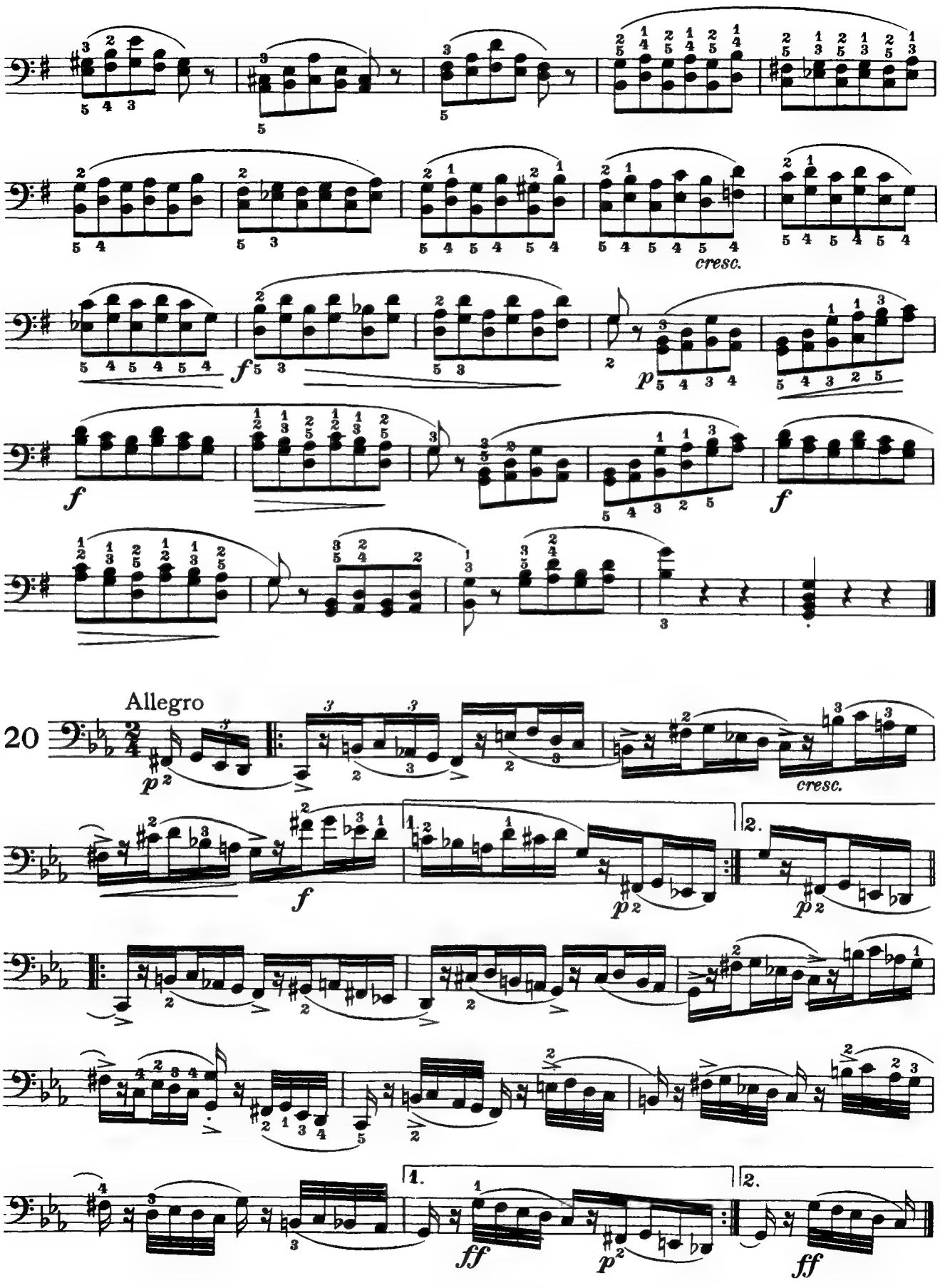
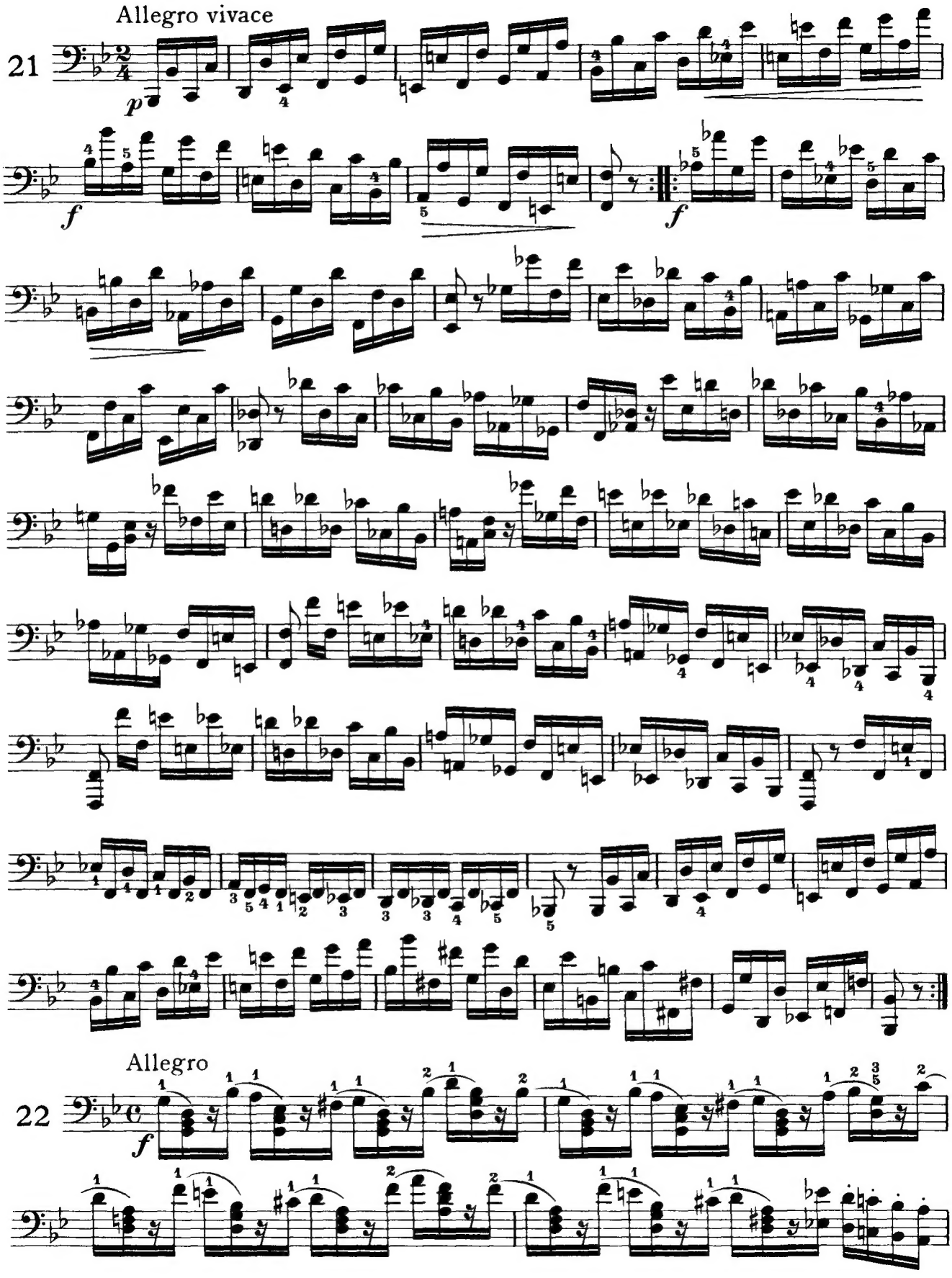
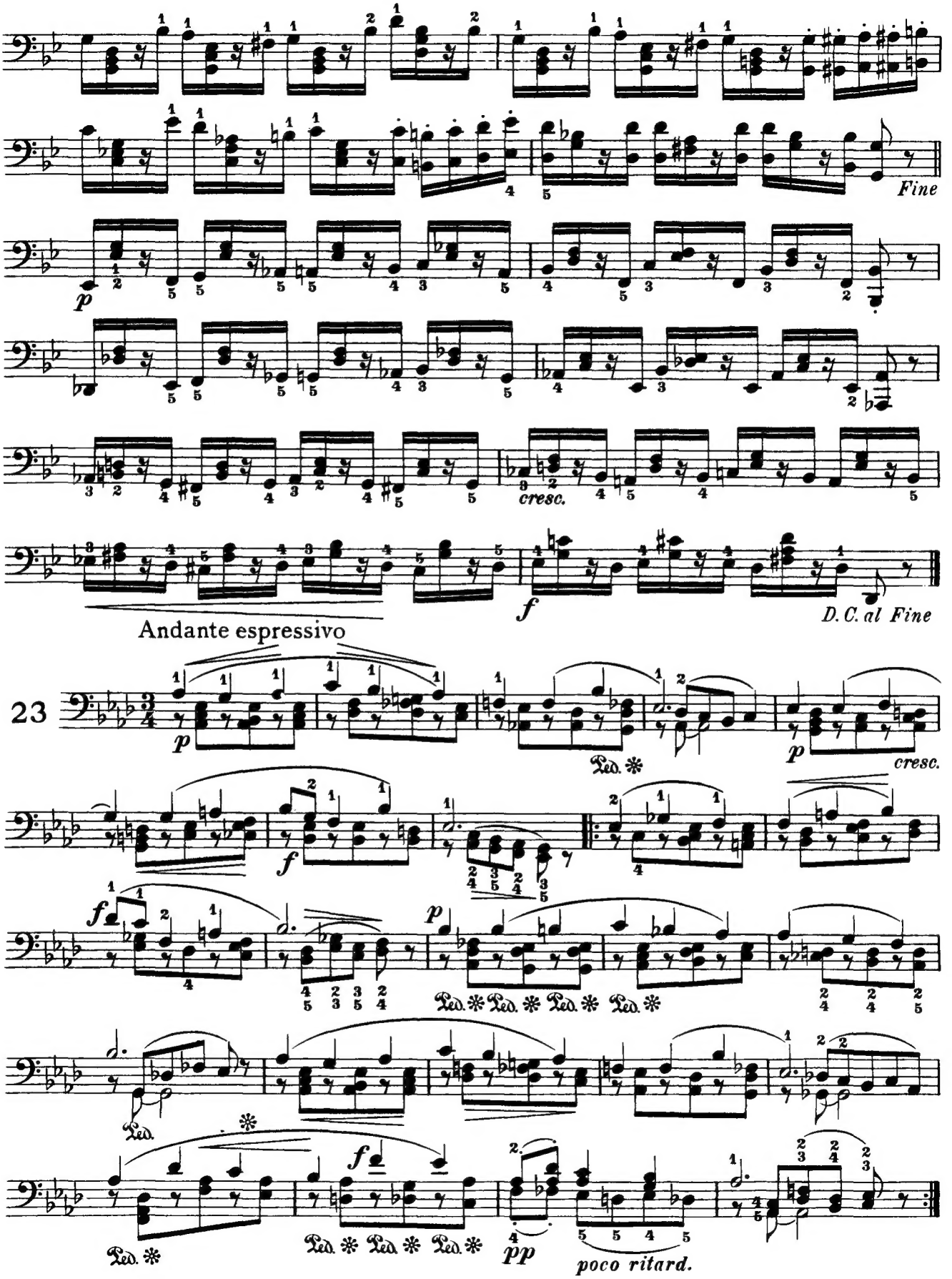
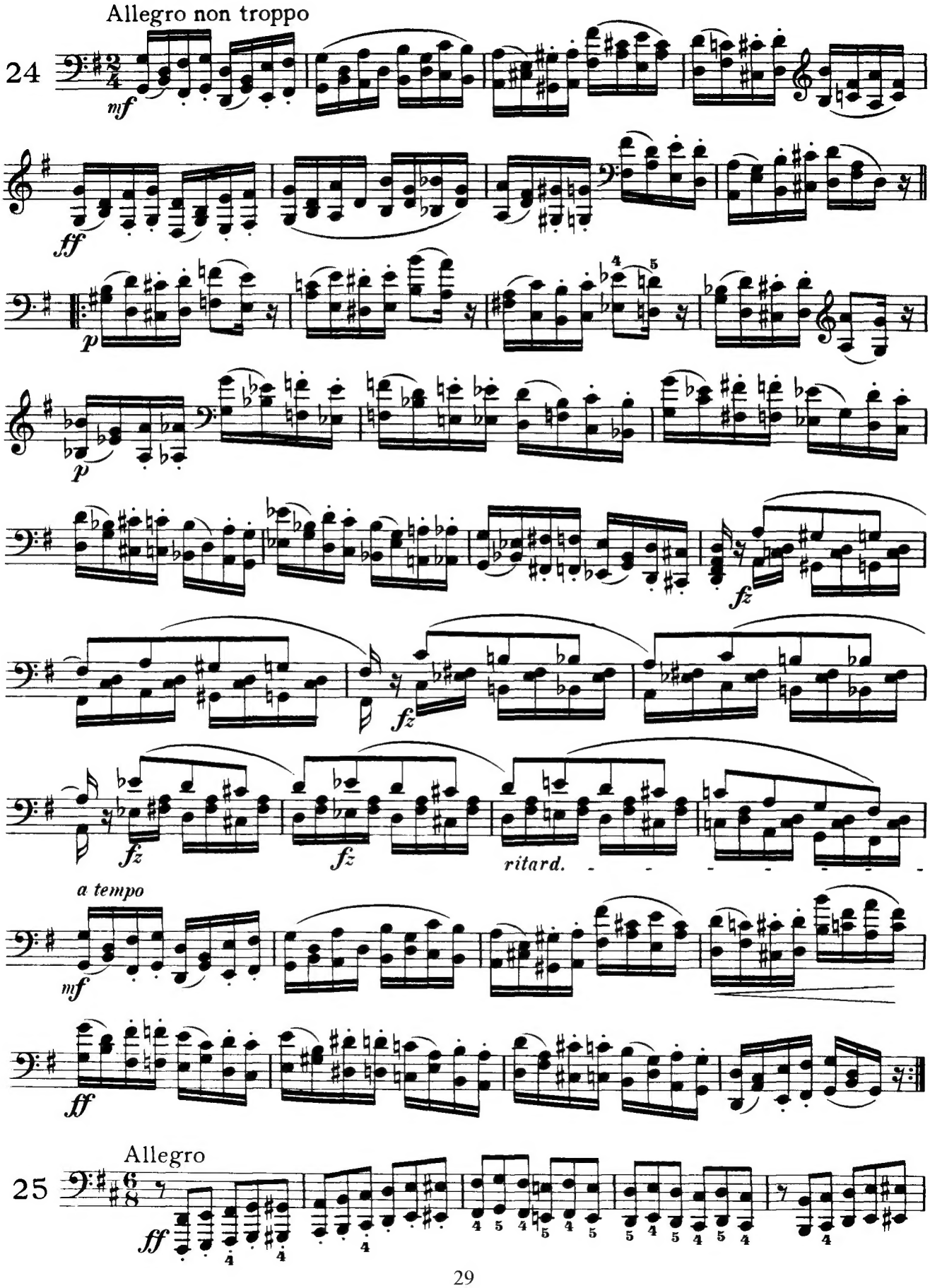
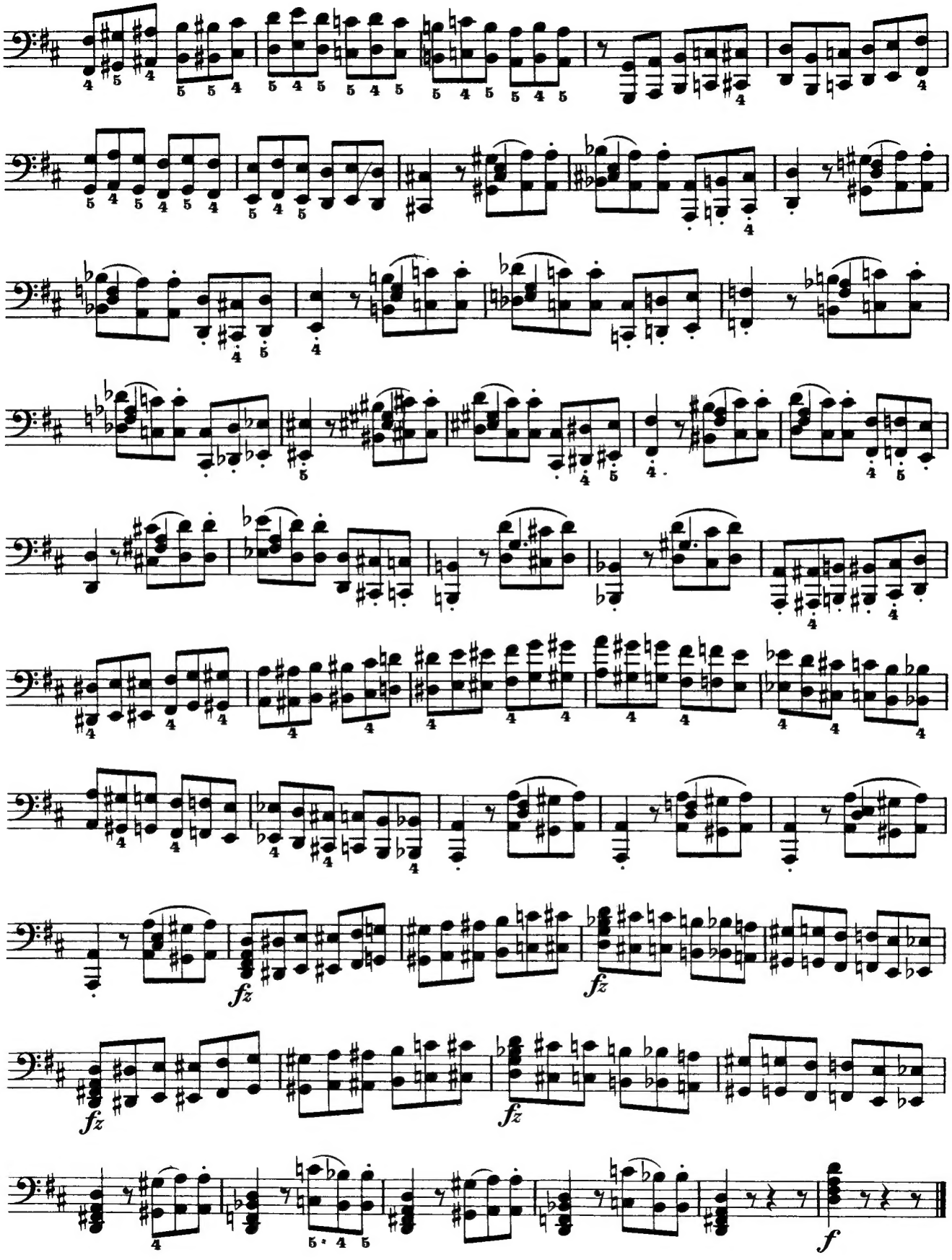
41
42
43
fz

44
45
p
f
p
46
fz

Book II: Twenty-five Studies

f
ff
Allegro
sempre legato
3
p
poco ritard.

Allegro risoluto
marcato
f
4
Allegro
f
5
Fine
poco ritard.
D. C. al Fine

Allegro
6
f
p
Moderato
7
p
legato
Vivace
8
ff
Fine
ff
D. C. al Fine

Moderato cantabile
9
p con espressione
cresc.
f
p
marcato
f
marcato
fz
fz
p

Allegro vivo
10
p
f
cresc.
f
f
f
dim.
cresc.
Choral
Andante
11
p

Allegro
12
f
p
fz
p
fz
cresc.
f
ff
fz
Allegro moderato
13
mf
p

dim.
p
cresc.
f
fz
Allegro moderato
14
mf

Allegro
15
p
ten.
sempre stacc.
1.
2.
dim.
Allegro risoluto
16
ff
fz
fz
ff

Moderato
17
p
fz
fz

Allegro con fuoco
18
ff
ff
fz
Moderato
19
p

cresc.
f
p
f
f
Allegro
20
p
cresc.
f
p
p
1.
2.
ff
p
ff

Allegro vivace
21
Allegro
22

Fine
p
cresc.
f
D.C. al Fine
Andante espressivo
23
p
Ped.
cresc.
f
f
p
Ped. Ped. Ped. Ped.
Ped.
f
Ped. Ped. Ped. Ped.
pp
poco ritard.

Allegro non troppo
24
mf
ff
p
p
fz
fz
fz
fz
ritard.
a tempo
mf
ff
Allegro
25
ff

fz
fz
fz
fz
f